

AL 1.781

# PROGRAMS FOR SENIORS



## **Working Together For You**

Alberta government departments are working together to provide Alberta's senior citizens with a comprehensive range of services. Encouraging coordination of all of these services is the Interdepartmental Coordinating Committee on Senior Citizens. Representatives meet regularly to exchange information on new program plans and program changes that will affect Alberta's senior citizens.

### **THE INTERDEPARTMENTAL COORDINATING COMMITTEE ON SENIOR CITIZENS**

Advanced Education

Alberta Mortgage and Housing Corporation

Community and Occupational Health

Consumer and Corporate Affairs

Hospitals and Medical Care

Municipal Affairs

Municipal Affairs, Housing Division

Recreation and Parks

Senior Citizens Secretariat

Social Services

Transportation and Utilities

Women's Secretariat



APR - 5 1988



LEGISLATIVE ASSEMBLY  
ALBERTA

December, 1987

As the member of the legislature appointed by the provincial government to be responsible for the Senior Citizens Secretariat and chairman of the Provincial Senior Citizens Advisory Council, I am pleased to bring you this revised edition of our Programs for Seniors booklet.

The Senior Citizens Secretariat would be interested in your comments and suggestions regarding this publication as these would be helpful in improving the next updating of the booklet.

This publication describes the major highlights of programs and services provided by the federal and provincial governments. The information is current as of late 1987, but programs change without notice. It is advisable to contact offices listed to ensure changes have not occurred, or to obtain more complete details about programs.

I hope you will find this booklet useful.

Yours very sincerely,

A handwritten signature in black ink, appearing to read "Harry E. Alger", with a long, sweeping flourish extending to the right.

Harry E. Alger  
MLA, Highwood  
Chairman, Provincial Senior  
Citizens Advisory Council

Digitized by the Internet Archive  
in 2015

# TABLE OF CONTENTS

## GENERAL INFORMATION

Local Information Centres .....	1
Senior Citizens Secretariat.....	5
RITE Centres .....	5
Provincial Senior Citizens Advisory Council .....	5

## RETIREMENT INCOME

Federal Programs .....	6
Old Age Security Pension.....	7
Guaranteed Income Supplement.....	7
Spouse's Allowance .....	8
Widowed Spouse's Allowance.....	8
Canada Pension Plan.....	8
Unemployment Insurance Benefits.....	9
Veterans Affairs Canada .....	10
Sales Tax Credit .....	10
Provincial Programs.....	10
Alberta Assured Income Plan .....	10
Social Allowance .....	10
Widows' Pension.....	11
Discounts .....	12
Fishing Licence.....	12
National Parks.....	12
Provincial Parks .....	12

## HEALTH SERVICES

Alberta Health Care Insurance Plan .....	13
Alberta Blue Cross Plan .....	15
The Extended Health Benefits Program ....	17
Eyeglasses.....	17
Dental Care and Dentures .....	18
Hearing Aids.....	19
Medical/Surgical Supplies and Rehabilitation Equipment.....	20
Community Health Nursing .....	21
Alberta Alcoholism and Drug Abuse Commission .....	21
Victorian Order of Nurses.....	21
Coordinated Home Care .....	22
Home Help.....	22
General Hospitals .....	22
Auxiliary Hospitals.....	23
Nursing Homes.....	23
Day Hospitals .....	23
Geriatric Assessment and Rehabilitation Hospital.....	24

Alberta Health Facilities Review Committee .....	24
---	----

## HOUSING SERVICES

Financial Aid for Accommodation.....	25
Renters Grant .....	25
Renters Assistance for Owners of Mobile Homes.....	25
Property Tax Reduction Benefits .....	25
Home Heating Protection Program .....	26
Home Improvement Program.....	26
Home Adaptation Program .....	27
Housing for Senior Citizens .....	27
Lodges.....	27
Apartments.....	27
Homes for Special Care .....	28
Housing Registries .....	28

## LEARNING OPPORTUNITIES

Continuing Education .....	29
Consumer Help .....	29
Alberta Agriculture.....	29

## LEISURE OPPORTUNITIES

Local Recreation Programs.....	31
Sports and Recreation Services Branch ....	31
Senior Centres and Drop-In Centres .....	31
Alberta Culture .....	32
New Horizons .....	32

## SERVICES TO HELP YOU AT HOME AND IN THE COMMUNITY

Family and Community Support Services Programs .....	33
Meals-on-Wheels.....	33
Home Help Services .....	33
The Department of Veterans Affairs.....	33
Home Care.....	34
Senior Centres.....	34

## TRANSPORTATION

Bus Passes .....	35
Special Transportation Help .....	35
Travel Discounts.....	35

## PROVINCIAL ORGANIZATIONS FOR SENIORS

Alberta Council on Aging .....	36
Pensioners Concerned, Alberta Division....	36



Alberta Pensioners and Senior Citizens Organization .....	37
Alberta Senior Citizens Sport and Recreation Association .....	37
<b>LEGAL SERVICES</b>	
Ombudsman.....	38
Legal Aid.....	38
Public Trustee .....	38
Public Guardian .....	38

Student Legal Services .....	38
Lawyer Referral Service.....	39
Women's Secretariat .....	39
Dial-a-Law.....	39

## APPENDIX I

(Health Units) .....	40
----------------------	----

## APPENDIX II

(Family and Community Support Services Offices).....	44
---	----

# GENERAL INFORMATION

## LOCAL INFORMATION AND REFERRAL CENTRES

These centres can provide you with information about programs and services for people age 65 or over. Efforts are made to answer all questions. Some centres publish booklets listing the services available.

In areas where there are not any senior centres providing information, some Family and Community Support Services offices provide this service. These are also listed.

### AIRDRIE

Box 3400  
T4B 2B6 (948-5907 Ext. 201)

### ALIX

Family and Community Support Services  
Box 306  
T0C 0B0 (747-2030)

### ATHABASCA

Family and Community Support Services  
Box 90  
T0G 0B0 (675-2623)

### BANFF

Family and Community Support Services  
Box 1835  
T0L 0C0 (762-4426)

### BARRHEAD

Family and Community Support Services  
Box 488  
T0G 0E0 (674-3341)

### BASSANO

Family and Community Support Services  
Box 298  
T0J 0B0 (641-3520)

### BONNYVILLE

Family and Community Support Services  
5000B - 49 Avenue  
Box 1665  
T0A 0L0 (826-2120)

### BROOKS

Family and Community Support Services  
Bag 880  
T0J 0J0 (362-3333)

### CALGARY

Kerby Centre  
1133 - 7 Avenue S.W.  
T2P 1B2 (265-0661)  
Senior Citizens' Central Council of Calgary  
922 - 9 Avenue S.E.  
T2G 0S4 (266-6200)

### CAMROSE

Camrose District Senior Centre  
5415 - 49 Avenue  
T4V 0N6 (672-7022)

### CANMORE

Family and Community Support Services  
Box 460  
T0L 0M0 (678-5597 or 5599)

### CLARESHOLM

Family and Community Support Services  
Box 1297  
T0L 0T0 (625-4417)

### COALDALE

Barons-Eureka-Warner  
Family and Community Support Services  
Box 328  
T0K 0L0 (345-4451, 327-6507)

### COLD LAKE (also see Grand Centre)

Family and Community Support Services  
Box 87  
(1020 - 8 Avenue)  
T0A 0V0 (639-3626)

### DRUMHELLER

Family and Community Support Services  
Box 2549  
T0J 0Y0 (823-6300)

### ECKVILLE

Family and Community Support Services  
Box 578  
T0M 0X0 (746-3177)



**EDMONTON**

The Society for the Retired and Semi-Retired  
10004 - 105 Street  
T5J 1C3 (423-5510)

**EDSON**

Family and Community Support Services  
Box 1388  
T0E 0P0 (723-4401)

**FALHER**

Smoky River Family and Community  
Support Services  
Box 487  
T0H 1M0 (837-2014)

**FORT CHIPEWYAN**

Senior Citizens Program  
Box 180  
T0P 1B0 (697-3627 or 3674)

**FORT MACLEOD**

Family and Community Support Services  
Box 232  
T0L 0Z0 (553-4491)

**FORT McMURRAY**

Legion Senior Citizens Program  
7th Floor, 9909 Franklin Avenue  
T9H 2K4 (743-7921)

**FORT SASKATCHEWAN**

Family and Community Support Services  
10005 - 102 Street  
T8L 2C5 (998-5151)

**FROG LAKE**

Family and Community Support Services  
Centre  
T0A 1M0 (943-2215)

**GIBBONS**

Family and Community Support Services  
Box 68  
T0A 1N0 (923-3331)

**GRAND CENTRE**

Cold Lake First Nations  
Box 1769  
T0A 1T0 (594-7183)

**GRANDE PRAIRIE**

Grande Prairie and Area Council on Aging  
Golden Age Centre  
10222 - 101 Avenue  
T8V 0Y5 (539-6255)

**HANNA**

Hanna Community Services Department  
Box 430  
T0J 1P0 (854-4700)

**HIGH LEVEL**

Family and Community Support Services  
Box 208  
T0H 1Z0 (926-2267)

**HIGH PRAIRIE**

Family and Community Support Services  
Box 999  
T0G 1E0 (523-4441)

**HIGH RIVER**

Town of High River  
Family and Community Support Services  
Bag #10  
T0L 1B0 (652-2307)

**HINTON**

Community Services  
Box 818  
T0E 1B0 (865-2217)

**JASPER**

Family and Community Support Services  
Box 1090  
T0E 1E0 (852-3381)

**KILLAM**

Flagstaff Family and Community Services  
Box 450  
T0B 2L0 (385-3976)  
Toll-free in Flagstaff Area Zenith 22226

**LAC LA BICHE**

Family and Community Support Services  
Box 756  
T0A 2C0 (623-4463)

**LACOMBE**

Seniors Information Outreach Coordinator  
Box 1179  
T0C 1S0 (782-6637)

**LEDUC**

Senior Citizens Coordinator, Civic Centre  
Family and Community Support Services  
Box 187  
T9E 2Z3 (986-2261 Ext. 125)



**LESSER SLAVE LAKE INDIAN  
REGIONAL COUNCIL**

Box 1740  
High Prairie  
T0G 1E0 (523-4401)

**LETHBRIDGE**

Lethbridge Senior Citizens Organization  
500 - 11 Street S.  
T1J 4G7 (320-2222)

**LLOYDMINSTER**

Seniors Coordinator  
5116 - 50 Street, 6th Floor  
T9V 0M3 (875-9127)

**MANNVILLE-MINBURN-INNISFREE**

Family and Community Support Services  
Box 534  
Mannville  
T0B 2W0 (763-3005)

**MEDICINE HAT**

The Veiner Centre  
225 Woodman Avenue S.E.  
T1A 3H2 (529-8383)

**NANTON**

Family and Community Support Services  
Box 910  
T0L 1R0 (646-2436)

**PROVOST**

Eastpark Senior Needs Worker Association  
Box 758  
T0B 3S0 (753-2280)

**RED DEER**

Golden Circle Senior Centre Outreach  
4620 - 47 Avenue  
T4N 3P5 (343-6074)

**RIMBEY**

Family and Community Support Services  
Box 404  
T0C 2J0 (843-2030)

**SHERWOOD PARK**

Strathcona Family and Community  
Support Services  
205 Athabasca Avenue  
T8A 4C8 (464-4044)

**SLAVE LAKE**

Lakelands Family and Community  
Support Services  
Box 858  
T0G 2A0 (849-5325)

**SPRUCE GROVE**

Social Services Unit  
Family and Community Support Services  
City of Spruce Grove  
410 King Street  
T7X 2Z1 (962-2611)

**STANDARD**

Wheatland Family and Community  
Support Services  
Box 361  
T0J 3G0 (644-3839)

**STETTLE**

Stettler and District Family and Community  
Support Services  
Box 2097  
T0C 2L0 (742-1155)

**STRATHMORE**

Strathmore Information Centre  
Seniors Outreach Coordinator  
208 - 2 Avenue  
T0J 3H0 (934-5335)

**ST. ALBERT**

Outreach Coordinator  
St. Albert Seniors Recreation Centre  
7 Tache Street  
T8N 2S3 (458-2771)

**ST. PAUL**

Family and Community Support Services  
Box 1480  
T0A 3A0 (645-5311)

**SUNDRE**

Family and Community Support Services  
Box 420  
T0M 1X0 (638-3220)

**SWAN HILLS**

Family and Community Support Services  
Box 607  
T0G 2C0 (333-4303)

**TURNER VALLEY**

Diamond Valley Family and Community  
Support Services

Box 963

TOL 2A0 (933-7485)

**TWO HILLS**

Family and Community Support Services

Box 687

TOB 4K0 (657-3540)

**VEGREVILLE**

Family and Community Support Services

Box 809

TOB 4L0 (632-3966)

**VIKING**

Family and Community Support Services

Box 688

TOB 4N0 (336-4024)

**WAINWRIGHT**

Wainwright District Support Services

Box 1391

TOB 4P0 (842-2777)

**WESTLOCK**

Family and Community Support Services

Box 1266

TOG 2L0 (349-5900)

**WILDWOOD**

Family and Community Support Services

Box 300

TOE 2M0 (325-3782)



## SENIOR CITIZENS SECRETARIAT

The Alberta government established this office in 1975. One of its purposes is to have available information about services and resources provided by the federal government, the Alberta government, municipalities and private agencies. The Senior Citizens Secretariat, in addition to keeping up-to-date information on programs and services, also provides resource information and advice to government and community groups, and encourages coordination in the planning and delivery of services to senior citizens.

If a local information centre is not available, questions may be directed to:

### SENIOR CITIZENS SECRETARIAT

Government of Alberta  
10030 - 107 Street  
EDMONTON, Alberta  
T5J 3E4  
(427-7876)

## RITE CENTRES

Call the RITE operator and ask to be connected with the Senior Citizens Secretariat at **427-7876**.

Calls from outside Edmonton are free of charge through the RITE operator.

If you live outside a RITE telephone centre, check your local telephone directory under the Government of Alberta listing on how to reach your closest RITE operator who will in turn connect you with the Senior Citizens Secretariat.

Location	RITE Number
Barrhead	674-8251
Blairmore	562-7331
Brooks	362-1211
Calgary	297-6161
Camrose	679-1211
Cardston	653-4461
Claresholm	625-3301
Drumheller	823-5740
Edson	723-8341

Fort Macleod	553-3346
Fort McMurray	743-7171
Grande Prairie	538-5121
Hanna	854-5511
High Prairie	523-6561
High River	652-8311
Hinton	865-8211
Lac La Biche	623-5211
Lethbridge	381-5151
Lloydminster	871-6411
Medicine Hat	529-3511
Olds	556-4221
Peace River	624-6181
Pincher Creek	627-3366
Red Deer	340-5111
Rocky Mountain House	845-8211
Slave Lake	849-7111
Stettler	742-7511
St. Paul	645-6212
Taber	223-7911
Three Hills	443-8511
Vegreville	632-5461
Vermilion	853-8111
Wetaskiwin	352-1211
Wainwright	842-7511
Whitecourt	778-7111

## PROVINCIAL SENIOR CITIZENS ADVISORY COUNCIL

This council is appointed by the Minister of Social Services to provide advice to the government on specific policies and programs for senior citizens, and to advise about priorities and the coordination of programs.

The council is composed of representatives from the general public, the majority of whom are senior citizens, a member of the provincial legislature, and one representative each from the Alberta Medical Association, the Alberta Hospital Association and the universities. The chairman for the council is a member of the provincial legislature.

The Senior Citizens Secretariat provides the staff services for the council.

# RETIREMENT INCOME

This section deals with those federal and provincial programs which provide income to eligible persons aged 65 and over, and to spouses and some low-income widowed persons. The first part explains federal programs; the second, provincial programs; and the last part deals with discounts.

## FEDERAL GOVERNMENT PROGRAMS

The federal government has centralized service offices for Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and the Canada Pension Plan. All enquiries about these programs may be made through the offices listed below.

**Income Security Programs district offices** are at the following locations:

### EDMONTON

10055 - 106 Street

T5J 2Z6

(420-2630 English; 420-2735 French)

### CALGARY

2nd Floor

Government of Canada Building

220 Fourth Avenue S.E.

T2G 4X3

(292-5559 English; 292-5877 French)

### LETHBRIDGE

Room 100

410 Stafford Drive South

T1J 2L2

(327-2155)

Toll-free Services: 1-800-661-8828 French  
1-800-661-3921 English

In addition to the district offices, which are open on a full-time basis, other offices are open on a part-time basis:

### MEDICINE HAT

Unit 7A 444 - 2 Street S.E.

T1A 0C3

Open every Tuesday, Wednesday and Thursday, 9 a.m. - 12 noon and 1 - 4 p.m.

### RED DEER

Room 102

4708 Gaetz Avenue

T4N 4A1

(343-1344)

Monday through Thursday 8:30 a.m. - 4 p.m.

Representatives are available at other localities. Since the dates and times can vary, it is best to call the closest listed number to determine the schedule.

## NORTHERN REGION

Athabasca	675-2243
Barrhead	674-3331
Bonnyville	826-3171
Camrose	679-1260
Castor	882-3211
Coronation	578-3970
Edson	723-3326
Grande Prairie	532-9811
High Prairie	523-4561
Hinton	865-2217
Jasper	852-4401
Lac La Biche	623-4821
Peace River	624-4484
Ponoka	783-4431
Provost	753-2434
St. Paul	645-4428
Sedgewick	633-3730
Stettler	742-4481
Vegreville	632-5453
Vermilion	853-2811
Viking	336-3466
Wainwright	842-4454
Westlock	349-3346
Wetaskiwin	352-3321



## CENTRAL REGION

Banff	762-4830
Drumheller	823-3365
Hanna	854-4448
High Prairie	652-2341
Olds	555-4200
Three Hills	443-5503

## SOUTHERN REGION

Blairmore	582-8118
Brooks	362-3333

Areas close to these B.C. locations can make appointments by calling the B.C. numbers listed.

Cranbrook	489-4101
Creston	428-9279
Fernie	423-6817
Kimberley	427-4831
Sparwood	425-6271

## OLD AGE SECURITY PENSION

A federal benefit available to persons who are:

1. at least age 65
2. legal residents of Canada
3. have the required number of years in residence in Canada

The monthly payment as of January 1, 1988 is \$310.66. Payments increase in January, April, July and October of each year if there is an increase in the cost-of-living index.

**You must apply for this pension.** If possible, send in your application six months before your 65th birthday. You must include your birth or baptismal certificate. If you do not have proof of age, the Old Age Security office will help you with this. If you were born outside of Canada, you must also provide proof of legal status as a resident of Canada.

Your first cheque will come in the month following your 65th birthday.

If you entered Canada for the first time on July 1, 1977 or later, your Old Age Security is earned at the rate of 1/40th of the regular pension for each complete year of residence in Canada to a maximum of 40 years. Proof of entry is required.

A person could possibly qualify under the Reciprocal Agreement. A Reciprocal Agreement on Social Security is an arrangement whereby two countries agree to provide equal treatment to the residents of both countries under each country's laws on social security. This enables the two countries to protect the social security credits earned by an individual in both countries. Age, residence and legal status are still qualifying factors. Minimum residence requirement is still 10 years.

Canada has agreements with the following countries: Italy, France, Greece, United States, Portugal, Jamaica, Barbados, Denmark, Sweden, Norway, Belgium and Luxembourg. Any inquiries should be referred to Income Security Programs.

Application forms for Old Age Security are available at all POST OFFICES or at any INCOME SECURITY PROGRAMS OFFICE.

## GUARANTEED INCOME SUPPLEMENT

A federal government benefit available to persons who receive the Old Age Security pension and have little or no other income.

This additional pension must be applied for every year. Eligibility and the amount of the supplement depend on your total family income in the previous calendar year (from January to December) and your marital status. The maximum amount as of January 1, 1988 is: single, \$369.21; married couple, \$240.47 for each person. This supplement is included in the federal Old Age Security cheque.

If the cost of living goes up, the supplement goes up in January, April, July and October. If you leave Canada, the allowance is payable for the month of departure and six additional months. It will be reinstated when residency is resumed in Canada.

If an application form has not been sent to you and you think you are eligible, contact the nearest INCOME SECURITY PROGRAMS OFFICE.

## SPOUSE'S ALLOWANCE

A federal benefit paid to spouses, between 60 and 65 years of age, of pensioners receiving the Guaranteed Income Supplement.

To be eligible:

1. You must be the husband or wife of an old age pensioner (a common-law relationship may be recognized).
2. You must be between 60 and 65 years of age, and you must have lived in Canada at least 10 years before you apply. If born outside of Canada, you must have proof of legal status.
3. Your combined annual income, not including the Old Age Security Pension, must be less than \$16,560, effective January 1, 1988 (this amount goes up from time to time).

The amount of allowance depends on your combined income in the previous calendar year. Effective January 1, 1988, the maximum payment is \$551.13 a month. Payments are increased in January, April, July and October each year if there is an increase in the cost-of-living index.

Your spouse should apply for this federal government allowance six months before his or her 60th birthday, and *reapply each year* until he or she becomes eligible for the Old Age Security pension at age 65. This allowance continues until age 65 even if the spouse who received Old Age Security dies.

## WIDOWED SPOUSE'S ALLOWANCE

A federal benefit available to Widows/Widowers between the ages of 60 and 65. It is payable to the widowed spouse of either a legal or common-law marriage. This is not payable if the widow/widower becomes the spouse of another person. Persons who were divorced from a spouse now deceased cannot qualify for this benefit.

To be eligible:

1. You must be between the ages of 60 and 65; proof of age is required.
2. You must be a Canadian Citizen or legal resident in Canada.
3. You must have resided in Canada after age 18 for a minimum of 10 years.
4. Proof of marriage is required.
5. Death certificate is required.

If you leave Canada, the allowance is payable for the month of departure and six additional months. It will be reinstated when residence is resumed in Canada.

The amount of allowance depends on your income in the previous calendar year. Effective January 1988, the maximum Widowed Spouse's Allowance is \$608.46 a month. The income level for January 1988 is \$12,144 a year.

An application must be completed each year.

## CANADA PENSION PLAN

A contributory pension plan of the federal government. You may be eligible for benefits if you have paid into the plan. You should apply six months before your 60th or 65th birthday, or the month you retire (if between 60 - 64 years of age).



To be eligible for a CPP retirement pension, an applicant must:

1. apply for the retirement pension, unless at age 65 s/he is in receipt of a CPP disability pension
2. have been credited with contributions to the plan in at least one year and must be either (a) 65 years of age, or (b) age 60 to 64 and have wholly or substantially ceased working

The basic pension is payable the month after the applicant's 65th birthday. The pension is equal to 25 percent of the contributor's average monthly pensionable earnings. The applicant does not have to cease employment. The applicant may take the Canada Pension any time between ages 60 and 70. The basic pension is decreased by 0.5 percent for each month between the date the pension begins and the month after the applicant's 65th birthday and increased by 0.5 percent for each month after the 65th birthday until the pension begins.

If the applicant takes the pension between ages 60 and 65, he or she must wholly or substantially cease employment or self-employment (i.e. his/her annual earnings will be less than the current maximum annual CPP retirement pension payable at age 65; in 1988 this would be about \$6,540). The pension payment will not be readjusted at age 65. It will be adjusted to reflect changes in the Consumer Price Index.

If the pension is applied for between ages 65 and 70, the applicant does not have to cease employment.

Spouses in an ongoing relationship can apply to share their CPP retirement pension payments. Both must be at least age 60 and each must have applied for any CPP retirement pension to which he and she may be entitled.

The amount of the pension depends on your wages when employed and the age at which you begin to take the pension payments. Benefits to contributors include:

	1988 Maximum Benefit Rates (CPP)
1. A monthly retirement pension	\$543.06
2. A monthly disability pension to persons under 65	660.94
3. A monthly benefit for children dependent on a disabled person under 65	98.96
4. A monthly spouse's pension for widows/widowers whose spouse had contributed to the plan	
– survivor under 65	302.61
– survivor over 65	325.84
5. A monthly pension for orphans	98.96
6. A death benefit	2,650.00

If you are eligible for both the Old Age Security Pension and this retirement pension, you may apply for both pensions at the same time at any INCOME SECURITY PROGRAMS OFFICE.

## UNEMPLOYMENT INSURANCE BENEFITS

A federal program which provides for payment of a special benefit to workers when they become 65 years of age. You may be eligible for this benefit, whether or not you continue working, if you are 65 years of age, and have not already received an Unemployment Insurance retirement benefit.

To be eligible you must have worked in insurable employment for at least 20 weeks in your 64th year, or since the start of your last Unemployment Insurance initial claim, whichever period is shorter. Past the age of 65, a person's earnings are no longer insured. One should apply as soon as one turns 65, whether continuing to work or not.

The amount you can receive is 60 percent of the average weekly insurable earnings, to a maximum of \$318 per week for a total of three weeks. For application forms or for further information, contact your local Canada Employment Centre which is listed under Government of Canada, Employment and Immigration in your telephone directory.

## **VETERANS AFFAIRS CANADA**

Benefits from the federal government available to war veterans or their dependants. May also be available to other groups that were in a theatre of action.

Benefits include: War Veterans Allowance, War Disability Pensions, coverage of certain hospital and medical expenses, assistance with the cost of eyeglasses and dental care, prosthetic and surgical or medical supplies, counselling services, and some assistance with helping qualified veterans remain in their homes and communities for as long as possible (see Home Help Services, page 33). Funeral and burial grants are also available.

For information, call or visit the office of VETERANS AFFAIRS CANADA at:

### **EDMONTON**

8th Floor, Baker Centre  
10025 - 106 Street  
T5J 1G7  
(420-3762)

### **CALGARY**

Room 307, Sam Livingston Building  
102 - 12 Avenue S.W.  
T2R 0X5  
(292-4048)

## **SALES TAX CREDIT**

A federal sales tax credit of \$50 for persons 18 and over and \$25 for a child under 18 is available to low-income families and single persons. This new credit was introduced in the

1986 tax return. To qualify, your net family income must not have exceeded \$15,000 for the year in order to receive the full credit (family with greater net income may be eligible for a lesser credit). You must file a tax return and complete Schedule 11 even if you have no taxable income to declare. One claim is allowed per couple (\$50 each). For more information, contact Revenue Canada Taxation.

## **PROVINCIAL PROGRAMS**

### **ALBERTA ASSURED INCOME PLAN**

A provincial allowance that is automatically paid to all Alberta pensioners who receive the federal Guaranteed Income Supplement.

The monthly amount depends on your marital status and your total income from all sources. The present maximum payment is \$95 a month for single pensioners and \$95 a month each for a married couple who are both pensioners. The present minimum monthly payment is \$10.

You do not apply for this allowance. If you receive the federal Guaranteed Income Supplement you will automatically receive the Alberta allowance. Persons receiving Spouse's Allowance are not eligible for this supplement.

For further information contact:

### **ALBERTA ASSURED INCOME PLAN**

Alberta Social Services  
10030 - 107 Street  
EDMONTON, Alberta  
T5J 3E4  
(427-7286)

## **SOCIAL ALLOWANCE**

A provincial financial assistance program which provides help to those who do not have enough income to meet their basic needs.



Eligibility is determined by:

1. your needs.
2. total income from all sources, including pensions.
3. assets. If you have assets or more than \$1,500 (if single) or \$2,500 (for a family) you will not be eligible. If you are single and employable, only \$50 of this may be in cash; for a family, if the head of the household is employable, only \$250 of this may be in cash. Assets include such things as cash, money in bank accounts, stocks, bonds, the cash surrender value of life insurance policies and real estate other than your own home.

For more information contact the nearest district office of Alberta Social Services (listed in local telephone directories under Government of Alberta).

## **ALBERTA WIDOWS' PENSION PROGRAM**

A provincial financial assistance program available to widows or widowers, age 55 and over but under 65, who have a limited income or no income.

### **Who is Eligible?**

To be eligible, the person must be an Alberta resident and a Canadian citizen, or a non-sponsored, landed immigrant.

### **Financial Benefits**

Similar to those received by Alberta senior citizens under the Alberta Assured Income Plan and the Federal Income Security Programs.

### **Health Care Benefits**

Available to recipients and their dependants and are similar to those extended to senior citizens in Alberta. They include premium-free coverage under the Alberta Health Care In-

surance Plan, the Extended Health Benefits Program and the Alberta Blue Cross Plan.

This health care coverage is effective on the date eligibility for the pension is established, **providing you are registered with the Alberta Health Care Insurance Plan.** You will automatically receive a Blue Cross card which will entitle you to receive Blue Cross benefits. These benefits will cease at the end of the second month following the date that you are no longer eligible for the Widows' Pension.

### **Hospital Benefits**

You will not be required to pay the \$10 admission fee charged by Alberta's general hospitals if you present the yellow card which entitles you to Extended Health Benefits under the Alberta Health Care Insurance Plan.

### **Housing Benefits**

Which may be available to recipients of the Widows' Pension are the Property Tax Reduction Benefit or Renters Assistance Grant.

Recipients may also be eligible for the Seniors' Home Improvement Program or the Senior Citizens' Home Heating Protection Program.

Application forms for the Widows' Pension Program are available at Treasury Branches, Provincial Buildings, local information centres, or by contacting:

### **ALBERTA WIDOWS' PENSION PROGRAM**

Alberta Social Services  
10030 - 107 Street  
EDMONTON, Alberta T5J 3E4  
(422-4080; toll-free long distance – Zenith 22001)

Persons receiving the Widows' Pension may be eligible for these programs which are explained in this booklet on the pages listed:

Alberta Health Care Insurance Plan..	page 13
Alberta Blue Cross Plan .....	page 15
The Extended Health Benefits Program .....	page 17
General Hospitals.....	page 22
Renters Grant .....	page 25
Renters Assistance for Mobile Home Owners.....	page 25
Property Tax Reduction Benefit.....	page 25
Senior Citizens' Home Improvement Program Extension .....	page 26
Senior Citizens' Home Heating Protection Program.....	page 26

## SENIOR CITIZENS' DISCOUNTS

A discount sheet prepared by THE SOCIETY FOR THE RETIRED AND SEMI-RETIRED in Edmonton listing local discounts for senior citizens. See local information centres, page 1, for possible discounts in your area.

## FISHING LICENCE

A fishing licence is not required for Canadian seniors who are 65 or over. You must carry proof of age and you still must comply with all sport fishing regulations. This

free fishing does not apply in the national parks in Alberta.

## NATIONAL PARKS

Free admission to any national park for people 65 or over. A special sticker can be obtained from the gate attendant at any national park. It must be renewed each year. You must show proof of age.

## PROVINCIAL PARKS

One-half the daily rate is charged to campers age 65 and over for a maximum stay of two weeks. Must have proof of age and have resided in Alberta for one year. If making reservations, a \$5 fee will be charged. For information, call 427-7338.

## BANKING DISCOUNTS

Most banks offer free or reduced service charges and special types of accounts to people age 55 or over. You must inquire about discounts offered.

TRAVEL DISCOUNTS, see TRANSPORTATION page 35



# HEALTH SERVICES

## ALBERTA HEALTH CARE INSURANCE PLAN

A provincial insurance plan which provides coverage for basic medical and other health care services (as outlined below). Albertans registered with the Alberta Health Care Insurance Plan also receive provincial insured hospital services (as outlined near the end of this HEALTH SERVICES section).

**Persons age 65 and older, their spouses and dependants are not required to pay premiums for health insurance. If you have been registered with the Alberta Health Care Insurance Plan, you will be sent a Proof of Age questionnaire before your 65th birthday.** Please complete the form and return it with a copy of your birth certificate or other proof of age. Do not send an original document, since its safe return can not be ensured. Rather, submit a clear photocopy. A signed statement before a commissioner of oaths is acceptable as proof of age.

**If you do not receive this form, write to the Alberta Health Care Insurance Plan and include a clear photocopy of your birth certificate or other proof of age.** This will ensure that you will not have to pay the premiums, beginning the first of the month after your 65th birthday, to receive coverage. For information, contact the plan offices or contact your local information centre (see page 1).

The following is a list of basic health services provided under the Alberta Health Care Insurance Plan. (A benefit year runs from July 1 - June 30 of the following year.)

1. **Medical Services** of a physician or osteopath paid under an approved schedule of fees.

2. **Certain Specified Oral Surgery** procedures by a dental surgeon.
3. **Chiropractic Services** to a maximum of \$10.50 for each visit. The maximum is \$200 per person in a benefit year. This includes up to \$17.40 for X rays.
4. **Foot Care and Podiatric Appliances.** Paid according to an approved schedule of fees. The maximum is \$200 per person in a benefit year.
5. Medical examinations required for **Driver's Licences** as required by law for Albertans just prior to age 75 and as required thereafter.
6. Payment of up to \$31.75 for one **Eye Examination** and writing of a prescription for the fitting of glasses in each benefit year.
7. **Physical Therapy Services** to a maximum of \$17.15 per day. No maximum is placed upon the amount paid in a benefit year for senior citizens.

## ALBERTA HEALTH CARE INSURANCE PLAN OFFICES:

### CALGARY

2nd Floor  
407 - 8 Avenue S.W.  
T2P 1E5  
(297-6411)

### EDMONTON

10025 Jasper Avenue  
Box 1360  
T5J 2N3  
(427-1432)

Senior citizens requiring general information regarding registration and cancellation of their Alberta Health Care coverage or Alberta Blue Cross coverage should call 427-1432 (Edmonton) or 297-6411 (Calgary).

## TEMPORARY TRAVEL OR VISITS

### 1. NOTIFY ALBERTA HEALTH CARE WHEN LEAVING THE PROVINCE FOR THREE MONTHS OR LONGER.

Please let Alberta Health Care know if you expect to be out of the province for three months or longer. Give them your expected dates of departure and return along with the reason for your absence.

Advise Alberta Health Care again if the expected time of your return is delayed; also if a shorter absence is extended to last three months or more. Finally, contact Alberta Health Care upon your return. These steps will help to ensure you have continuous coverage.

### 2. SERIOUSLY CONSIDER GETTING EXTRA HEALTH INSURANCE FOR TRIPS OUTSIDE OF CANADA.

Medical and hospital costs in some countries run much higher than in Canada. Although you take along your Alberta health care and hospital coverage when you leave Canada temporarily, the amount paid by Alberta Health Care for any care or treatment you may require is based on the Alberta rate for the same or similar service.

You are responsible for paying the difference which may run into hundreds or thousands of dollars, particularly if hospitalization is required.

Extra health coverage for travel outside of Canada is available to assist you in paying the additional amounts for any such higher medical and hospital charges. You can purchase this extra health protection from any of a number of private insurance companies.

You are strongly urged to consider purchase of this extra health coverage when you travel or visit outside of Canada. Do be sure to check carefully what is covered by any

extra health insurance you are considering, also the extent of coverage along with any conditions, so that you are fully aware of exactly what protection you will have.

## PATIENT CHARGES – MEDICAL SERVICES AND ORAL SURGERY

Extra-billing is no longer permitted for any **required medical service or oral surgery THAT IS COVERED** under the **Alberta Health Care Insurance Plan**. Medical service here refers to services provided by a **medical doctor**, whether a general practitioner (family doctor) or specialist, and includes laboratory tests as well as X rays and other radiology tests. Oral surgery refers to those surgical procedures which a dental surgeon can claim from Alberta Health Care.

Most, **but not all**, procedures performed by a medical doctor are considered medically required; however, there are some done strictly at the request of the patient, such as some cosmetic services. Since these are not considered medically “required,” they can **not** be charged to Alberta Health Care, and in such cases the patient must pay the full fee. A medical doctor should inform a patient in advance when a service is **not medically required**.

As of October 1, 1986, any medical doctor (physician) or dental surgeon who extra-bills patients must opt out of the Alberta Health Care Insurance Plan. This means that Alberta Health Care will not pay any claims submitted by this doctor or dental surgeon, **OR** by his/her patients. In other words, the patient must pay the full amount of the charges, and can **not** be reimbursed by Alberta Health Care for any part of those charges. When a medical doctor or dental surgeon has opted out of the Alberta Health Care Insurance Plan, his/her patients must be informed of this at the time an appointment is made.



It should be pointed out that a physician who has opted in, and who continues to submit claims to Alberta Health Care, may still charge the patient for certain supplies used in a treatment, for example a splint. In addition, there are some medical services that are **not** insured under the Alberta Health Care Insurance Plan, such as medical/legal advice, medical advice provided by phone, or medical examinations required for insurance or employment. The charges for any of these must be paid by the patient and can not in turn be claimed from Alberta Health Care. Discuss with your doctor any such charges for uninsured supplies or services.

As well, opted-in dental surgeons may still bill their patients for some additional charges connected to the surgery, such as for laboratory services. Again, you should ask for a full listing and explanation of such charges.

## **PATIENT CHARGES – NON-MEDICAL SERVICES**

The extra-billing ban does **not** refer to the additional amounts you, the patient, may be charged by the **health-related practitioners** who submit claims to Alberta Health Care for the **non-medical services** they provide. These practitioners include chiropractors, podiatrists and physical therapists. Non-medical services also refers to any care and treatment included under Alberta Health Care's special programs (Extended Health Benefits and Alberta Blue Cross Non-Group Membership). In each of these instances, some limits are applied to the amount of insured coverage, and accordingly, in each case, **the patient may be billed directly for the balance of the fees charged beyond the amount that can be claimed.**

**Optometrists:** When making an appointment with an optometrist for a routine eye examination (for the purpose of prescribing eyeglasses), you are advised to check ahead as to what fees will be charged and what arrangements can be made for payment.

Alberta Health Care pays \$31.75 for a routine eye examination. Some optometrists may charge more than this. You, the patient, may be asked to submit a claim and pay the optometrist directly. In such a case, ask the optometrist for a completed and signed PAYMENT TO REGISTRANT (#2222) claim form. Be sure you sign the claim form as well. You will be personally responsible for paying whatever is charged beyond the \$31.75 which can be claimed.

## **TO REPORT EXTRA-BILLING**

If, after any additional charges have been fully explained to you, you still have reason to believe that you have been extra-billed by an opted-in medical doctor or dental surgeon, you should send a written complaint to Alberta Health Care. All required details for reporting extra-billing are contained on a standard extra-billing form which you can obtain by contacting the Edmonton or Calgary office of Alberta Health Care.

If you wish to question the additional amounts charged by any of the other (non-medical) practitioners, contact the appropriate Alberta professional group to which the practitioner in question belongs.

## **ALBERTA BLUE CROSS PLAN**

An insurance plan which covers additional health care benefits. Senior citizens, their spouses and dependants do not pay premiums for Blue Cross coverage. When the Alberta Health Care Insurance Plan receives proof that

you or your spouse is 65, you will automatically be covered by Alberta Blue Cross. Blue Cross coverage begins the first of the month following your birthday. You will receive a Blue Cross card for Group "66". You must present this card to obtain Blue Cross benefits.

A Blue Cross benefit year is from July 1 to June 30 of the following year. Blue Cross pays the following for seniors and their dependants:

1. **HOSPITAL COSTS:** An allowance of up to \$100 per day to apply against hospital charges remaining after government credit has been applied, when a participant is admitted to a general hospital **outside of Canada**.
2. **DRUGS:** 80 percent of the cost of prescription drugs, medications and insulin, if supplied by a licenced pharmacist on a doctor's prescription. You pay 20 percent of the cost. The pharmacist bills Blue Cross directly for the remaining 80 percent if you present your plastic "direct bill" identification card.
3. **PROFESSIONAL AMBULANCE SERVICES:** Alberta Blue Cross accepts liability for usual and reasonable charges of professional ambulance services to transport a patient to or from active treatment hospitals. Most ambulance operators will bill Blue Cross directly; your local ambulance service can verify exact charges and billing arrangements. For further information, please contact your nearest Alberta Blue Cross office.

For the services listed below, you pay the bill, then submit the receipt to the Blue Cross office for reimbursement.

1. **REGISTERED CLINICAL PSYCHOLOGICAL SERVICES:** For the treatment of mental or emotional illness, coverage is \$20 a visit to a maximum of \$100 in a benefit year.

2. **HOME NURSING CARE:** Covered up to a maximum of \$200 for a family unit in a benefit year for service provided by a practical or registered nurse (not related to you) on the recommendation of your doctor.
3. **APPLIANCES:** On written order of a physician:
  - (a) artificial eyes.
  - (b) artificial limbs (excepting myoelectric-controlled prosthesis).
  - (c) braces which have a rigid support of metal or plastic, manufactured according to specifications on the written order of a physician.
  - (d) repairs or replacement of such appliances may also be covered.
  - (e) mastectomy prosthesis: 50 percent of the usual charge on the written order of a physician. (The supporting brassiere is not covered by Blue Cross.)
4. **DENTAL CARE:** Repair or extraction of natural teeth damaged by a direct accidental external blow, if repair or extraction is done within 12 months of injury. The total cost is covered.

The **ALBERTA BLUE CROSS PLAN OFFICES** are:

**CALGARY**

Suite 640  
Rocky Mountain Plaza  
615 Macleod Trail S.E.  
T2G 4T8  
(234-9666)

**EDMONTON**

10025 - 108 Street  
T5J 1K9  
(428-1110)

**MEDICINE HAT**

1 - 410 South Railway  
Street S.E.  
T1A 2V5  
(529-5550)

**GRANDE PRAIRIE**

31 Prairie Mall  
11801 - 100 Street  
T8V 3Y2  
(532-3505)

**LETHBRIDGE**

Suite 470  
220 - 4 Street S.  
T1J 4J7  
(328-6081)

**RED DEER**

Suite 125  
4919 - 59 Street  
T4N 6C9  
(343-7008)



## THE EXTENDED HEALTH BENEFITS PROGRAM

An Alberta program for senior citizens which helps pay for eyeglasses, dental care and dentures, hearing aids, surgical supplies and appliances and medical equipment.

Coverage begins on your 65th birthday and includes your spouse and dependants. If you are not registered as a senior citizen with the Alberta Health Care Insurance Plan, see the beginning of this Health Services section for details on registration. **IT IS REGISTRATION WITH THE ALBERTA HEALTH CARE INSURANCE PLAN THAT MAKES YOU ELIGIBLE FOR THIS PROGRAM.**

### NOTE:

If the spouse over age 65 dies, coverage for the surviving spouse under 65 and dependants is discontinued at the end of the second month following the month in which the death occurred.

Present your Alberta Health Care card when obtaining a benefit under this program. Always ask about what will be covered by the program and what you will need to pay.

In fact, before you make your appointment you are advised to make sure that you are still eligible for benefits. There are dollar and time limits that Alberta Health Care must follow, and payments can not be made for services that exceed these limits.

For further information about the following benefits, contact your local information centre (see page 1).

### 1. EYEGLASSES

The total cost of glasses is not covered. Before ordering glasses, ask the dispenser how much you must pay, how much Extended Health Benefits will pay and ask about the method of payment. There are two ways your bill can be paid:

- (a) Extended Health Benefits can be billed directly for the allowed amount, and you will be asked to pay the difference between this and the total cost of the glasses.
- (b) You may be asked to pay the total cost of your glasses; if so, ask for a completed claim form at the dispenser's office, sign it and send it to **EXTENDED HEALTH BENEFITS**, Box 1376, Edmonton, T5J 2Y6. Allow at least six weeks for the refund.

When you are choosing your glasses, be sure they fit well and that you can see clearly. Once the claim has been paid on your behalf, you may not be eligible to submit another such claim over the next 36 months (three years).

If you are not satisfied with your eyeglasses, ask your optometrist or ophthalmic dispenser to make adjustments. Remember, when the eyeglasses you have ordered are made, even if you refuse them or return them as unsatisfactory, they still have to be paid for, and if claimed from Alberta Health Care, they are the one set you are allowed over a period of 36 months (three years).

When your eyeglasses have been adjusted to the extent that the optometrist or ophthalmic dispenser states there is nothing more to be done, and if your eyeglasses are still unsatisfactory, you could report your problem to the appropriate body as follows:

#### **ALBERTA GUILD OF OPHTHALMIC DISPENSERS**

Room 250, 10830 Jasper Avenue  
Edmonton, Alberta  
T5J 2B3

#### **ALBERTA ASSOCIATION OF OPTOMETRISTS**

#1, 9333 - 50 Street  
Edmonton, Alberta  
T6B 2L5

Although you are allowed only one pair of eyeglasses every 36 months (three years), the Extended Health Benefit Program will provide payment for one pair of distance glasses and one pair of reading glasses if you wish these in place of bifocals or trifocals. Also, a change of lenses will be paid for by the program if you have surgery which affects your vision, requiring a change of prescription. If your glasses are accidentally damaged, the cost of repairs can be covered, or the glasses can be replaced if they are damaged beyond repair. However, it should be pointed out that there are limits on the coverage for lenses, frames and eyeglasses.

Only the wholesale cost of the lenses is covered by the program. Therefore, you could be required to pay more than this amount. Tinted lenses are not covered, but the program will pay what it would cost for untinted lenses with the same corrections. Contact lenses are not covered by the program.

There is a limit to the amount allowed for frames. A maximum of \$33 will be paid toward the cost of frames and \$14.50 for dispensing. You will have to pay the difference between this and the combined cost of the frames and dispensing. Check with dispensers, as some have “discontinued” frames available at reduced prices.

To obtain reimbursement for eyeglasses, write to:

**EXTENDED HEALTH BENEFITS**  
Alberta Health Care Insurance Plan  
10025 Jasper Avenue  
Box 1376  
EDMONTON, Alberta  
T5J 2Y6  
(427-1470)

## 2. DENTAL CARE AND DENTURES

Before making an appointment with a dentist or denturist, ask about the method of payment and the cost.

Most dentists and denturists will bill the program directly, but there may be an additional charge not covered by the program.

In some cases, a dentist or denturist may ask you to pay the total cost, and then will provide you with a completed claim form to sign and send to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6 for a refund. There may be a difference between the amount you pay the dentist or denturist and the amount the program will reimburse you.

Filling, extraction and the repair of natural teeth as well as orthodontic work, partial dentures, full dentures, denture repairs, and denture relines come under this program.

There is a maximum benefit of \$1200 per person for dental care and dentures over any two consecutive calendar years (January 1st through December 31st). In addition, there are the following limitations, and please note that the costs of the following items combined can not exceed the \$1200 maximum limit:

- (a) one complete denture or reset (including rebase) for each arch once every 60 months (five years);
- (b) one complete denture reset for each arch once every 60 months (five years);
- (c) one partial denture for each arch once every 60 months (five years);
- (d) within a five-year period (60 months) it is possible to obtain a partial denture for one arch and have it replaced by a complete denture;
- (e) one denture reline or rebase every 24 months (two years);
- (f) payment for major orthodontics (straightening of teeth) with prior approval by the Alberta Dental Association and then approval by Alberta Health Care;



- (g) gold inlays on dentures are not covered;
- (h) there are restrictions for occlusal adjustments. Consult your dentist.

Except for the \$1200 maximum benefit for two consecutive calendar years, all time periods are measured from the dates the services were provided.

#### **NOTE CONCERNING DENTURES:**

*It could take as long as three months for you to get adjusted to new dentures, so do not give up and begin using old dentures. If your new dentures do not seem to fit, ask your dentist or denturist to make adjustments.*

*Remember, when the dentures you have ordered are made, even if you refuse them or return them as unsatisfactory, they still have to be paid for as the ONE set provided in the five-year period.*

*If your dentures have been adjusted to the extent that the dentist or denturist states there is nothing more to be done and your dentures are still unsatisfactory, you should write to:*

(If services were provided by a dentist) Alberta Dental Association, 101, 8230 - 105 Street, Edmonton, T6E 5H9. (If services were provided by a denturist) Denturist Society of Alberta, 201, 2 Athabasca Avenue, Sherwood Park, T8A 4E3.

### **3. HEARING AIDS**

If your hearing problem cannot be corrected by medical or surgical treatment, you may want to consider a hearing aid. The basic tests for the selection and fitting of hearing aids can be done by either a clinical audiologist or a hearing aid practitioner.

The majority of hearing aid practitioners have an agreement with the government and will bill the program directly for the total cost of the testing, the fitting and the hearing aid.

#### **WARNING:**

*Some hearing aid dealers have not signed an agreement with the government, and you will not receive funding for services provided by them; ask about this before making an appointment.*

Before hearing aid services are provided, the hearing aid supplier will require you to obtain a written statement from your physician indicating there is no medical reason why an aid should not be fitted. This is most important, so be sure to see your doctor. You will also be required to show your Blue Cross card with Group 6631 or 6632 classification. Be sure you have your Blue Cross card with you.

After a minimum 28-day trial period following the fitting of the aid, you will be asked to sign a certificate stating satisfaction. Payment to the supplier will not be made by the program until you have signed.

In some cases, it takes more than the 28-day trial period to judge whether a hearing aid is going to give the best results possible. It may take some time to adjust to a hearing aid. Do not hesitate to see your supplier in regard to your aid performance and an extension of the trial period.

#### **DO NOT SIGN THE ACCEPTANCE FORM UNTIL YOU ARE COMPLETELY SATISFIED.**

The supplier is paid by Extended Health Benefits to service and adjust the hearing aid and earmold, if applicable, for 12 months after the trial period. S/he will be attempting to contact you at least twice during the year in order to assess your satisfaction with the hearing aid. If you have any concerns, you should contact your supplier immediately for the necessary follow-up service.

Limitations of the program are:

- (a) Your hearing aid supplier will provide 12 months servicing, including repairs and parts.
- (b) Replacement of batteries is always at your own cost.
- (c) After the 12-month service period, minor repairs twice every 12 months are provided. The program will pay for factory repairs once in any six-month period following the expiry of the 12-month warranty period.
- (d) A hearing aid will be provided for one ear only.
- (e) Loss of a hearing aid before the end of a four-year period is not covered by Extended Health Benefits. You are advised to arrange for insurance to cover loss of hearing aids.

After a four-year period, if your hearing aid is no longer serviceable or the hearing impairment has changed, the program may approve another aid. Your supplier can explain the hearing aid replacement procedure.

Direct inquiries to:

William Brennan, M.A. CCCA  
 Audiology Consultant  
 Extended Health Benefits  
 (Aids to Daily Living)  
 Alberta Community and Occupational Health  
 10030 - 107 Street  
 Edmonton, T5J 3E4  
 (427-0731)

#### 4. MEDICAL/SURGICAL SUPPLIES AND REHABILITATION EQUIPMENT

These items are supplied to eligible persons who are disabled for a long term and to individuals who are chronically or terminally ill.

Seniors requiring a benefit must see a program "authorizer" registered with the Extended Health Benefits Program. Authorizers are health professionals located within your local health unit and in many hospitals, who will assess the need for benefits and complete an authorization form to order the benefits. Most items also require a medical doctor's prescription which verifies medical need for the equipment.

**Benefits include:** medical/surgical supplies such as ostomy products; incontinence and catheter supplies; injection supplies; urine testing agents and dressings for certain conditions; respiratory equipment; mobility aids such as canes, walkers, and wheelchairs; environmental aids such as bath seats, patient lifters, and commodes; support items such as soft support garments, therapeutic pressure-gradient footwear for persons with bony foot deformities. **Off-the-shelf orthopedic shoes are not provided.**

Many supplies are obtained through retail pharmacies and other suppliers. The larger equipment is purchased through the program unit and is provided on loan through a number of supply companies which will deliver the large recyclable equipment and will maintain it in good operating condition.

Program authorizers and suppliers have complete lists of all items provided and how often you can receive them. The pharmacist or supplier will bill the program directly for authorized benefits. The total cost is covered by the program. Clients will be asked by the supplier to show the Blue Cross card.

*Only certain medical and surgical supplies and equipment are provided. To ensure coverage you should obtain an authorization form **before** you contact a supplier. The program does not reimburse people for items purchased previously.*

## **EXCEPTION:**

*To obtain custom-made orthopedic footwear benefits, a specific prescription from a medical doctor may be taken directly to a specialty shoemaker or orthotist supplier registered with the program.*

## **SPECIAL DIETS AND DIET SUPPLEMENTS ARE NOT A BENEFIT.**

**ARTIFICIAL EYES AND LIMBS AND RIGID METAL OR PLASTIC BRACES ARE NOT COVERED BY THE PROGRAM.** (See section on Alberta Blue Cross).

For further information:

### **EXTENDED HEALTH BENEFITS PROGRAM**

(AIDS TO DAILY LIVING)

Alberta Community and Occupational Health  
Seventh Street Plaza

10030 - 107 Street

EDMONTON, Alberta

T5J 3E4

(427-7271)

## **COMMUNITY HEALTH NURSING**

A province-wide community health nursing service is offered by local Health Units. The community health nurses provide health education and counselling to individuals and groups on a diverse range of health related concerns such as life-style, chronic disease, nutrition, retirement, aging and general health. The primary focus is health promotion.

Screening for blood pressure, hearing and vision, or a general health assessment can be done. Adult clinics are held in some areas. Immunization against certain diseases, such as annual protection against influenza, is available.

As the services offered are not the same in all areas, contact your nearest Health Unit office for more information (see listing in Appendix I).

## **ALCOHOLISM AND OTHER DRUG SERVICES**

The Alberta Alcoholism and Drug Abuse Commission (AADAC) has out-patient and in-patient treatment facilities. Counselling centres are located in major centres.

### **CALGARY**

1177 - 11 Avenue S.W.

T2R 0G5

(297-3028)

### **EDMONTON**

9929 - 103 Street

T5K 0Y1

(427-2736)

For information about services in other areas, contact the following district offices:

### **GRANDE PRAIRIE**

Room 2204

10320 - 99 Street

T8V 6J4

(538-5214)

### **LAC LA BICHE**

Provincial Building

9503 Beaver Hill Road

P.O. Box 1498

T0A 2C0

(623-5227)

### **LETHBRIDGE**

Room 254

200 - 5 Avenue South

T1J 4C7

(381-5104)

### **RED DEER**

Provincial Building

4920 - 51 Street

T4N 6K8

(340-5274)

## **VICTORIAN ORDER OF NURSES (VON)**

A nursing service administered by voluntary boards and funded through fees for service and donations in Calgary, Edmonton, Grande Prairie, Medicine Hat and Lethbridge.



The VON provides nursing care in the home, under the supervision and authorization of your physician. This may include personal care, administration of medication, health teaching, and post-operative care such as changing surgical dressings. The VON also operates some adult day programs.

The fee for this service may be covered by government programs. Alberta Blue Cross will reimburse a senior citizen or dependant up to \$200 in a benefit year. A fee based on ability to pay will be charged if you don't qualify for these programs.

For more information call your local VON office:

**CALGARY**

417 - 14 Street N.W.  
T2N 2A1  
(283-2819)

**EDMONTON**

204, 12230 - 106 Avenue  
T5N 3Z1  
(488-7256)

**GRANDE PRAIRIE (and region)**

10409 - 98 Street  
Queen Elizabeth II Hospital  
T8V 2E8  
(538-7435)

**LETHBRIDGE**

419, 909 - 3 Avenue N.  
T1H 0H5  
(328-0033)

**MEDICINE HAT (and Districts)**

631 Prospect Drive S.W.  
T1A 4C2  
(529-8025)

**COORDINATED HOME CARE PROGRAM**

A program available through your local Health Unit which provides a range of health and support services in the home to persons

who require these services as a result of a medical condition which affects their ability to function independently. Health services include nursing, physiotherapy, occupational therapy, respiratory therapy, speech therapy and nutrition services.

Support services which include homemaking and other home management services may also be supplied by the Home Care Program and are free for the first two weeks. Following the two-week free period, recipients are assessed a fee based on a fixed hourly rate.

Persons age 65 or over may be admitted to the program if they require only a support service.

Each person must be registered with the Alberta Health Care Insurance Plan to receive health services without charge. Others may receive health services if they agree to pay the full cost of the service. A medical authorization from the person's physician is required.

Referrals are accepted from family, friends, doctors or patients themselves.

For information about the Home Care Program in your area, contact your local health unit (see Appendix I).

**HOME HELP**

See section entitled "Services to Help You at Home and in the Community" for information about this service. Day programs for frail and for disabled older persons may be available in your community. For information, contact your local information office (see page 1).

**GENERAL HOSPITALS**

Hospitals providing a range of acute care services on an in-patient and out-patient basis. Hospital benefits cover in-patient care and services at the standard ward level. You are eligible for provincial insured hospital services if

you are covered under the Alberta Health Care Insurance Plan. Admission to a general hospital is arranged by your physician.

### AUXILIARY HOSPITALS\*

Hospitals providing skilled professional nursing and medical care to meet the needs of those who require care and treatment for an extended period of time due to chronic or recurring illnesses.

The first 60 days of care are covered by provincial hospitalization benefits. After this period, the maximum charge is \$14 a day for standard accommodation, or \$20.25 a day for private accommodation (as of January 1, 1987).

Admission to auxiliary hospitals is based on a medical assessment of need. Your doctor must request this care for you. Alberta Health Care Insurance registration entitles you to the insured services provided by Alberta's auxiliary hospitals.

### NURSING HOMES\*

Residential facilities providing personal care and nursing supervision to persons with reasonably stable conditions, but who require some assistance with activities of daily living.

Nursing homes may vary in size and are located throughout the province.

Nursing home residents who qualify for benefits are responsible for the following accommodation charges as of January 1, 1987:

- \$14.00 a day for standard accommodation
- \$16.50 a day for double accommodation
- \$20.25 a day for single accommodation

The province pays for the balance of the nursing home cost if the applicant meets the following requirements:

- has lived in Alberta for three consecutive years at any time previously;

OR

- has lived in Alberta for one year immediately prior to applying and has been a resident of Canada for 10 years or more.

If an applicant does not meet the above residency requirements to be eligible for benefits, the individual must also pay the provincial subsidy.

Admission to a nursing home is based on an assessment of need. Your doctor must request this care for you.

*\* For more information about Nursing Homes and Auxiliary Hospitals, contact the appropriate Calgary or Edmonton District Office listed under DAY HOSPITALS, your local information centre (see page 1), your local health unit (see Appendix I), or your nearest nursing home or auxiliary hospital.*

### DAY HOSPITALS

Hospital programs providing the following services on a day-admission basis: medical, psychiatric, nursing and dietary services, physical therapy and occupational therapy, social work counselling, recreational activities and social opportunities.

There are five day hospital programs (three in Calgary and two in Edmonton).

Admission to these programs is based on a medical assessment of need. You must be referred by a physician. At present there is no set fee schedule. Assistance with transportation may be available.

For information contact:

#### CALGARY

Carewest Assessment and Placement Service  
Suite 204, 3016 - 5 Avenue N.E.  
T2A 6K4  
(273-5350)

## **EDMONTON**

Edmonton and Rural Auxiliary Hospital  
and Nursing Home District No. 24  
#406, 10216 - 124 Street  
T5N 4A3  
(482-6925)  
Youville Wing  
Edmonton General Hospital  
11111 Jasper Avenue  
T5K 0L4  
(482-8111, and ask for Geriatric  
Medicine)

## **GERIATRIC ASSESSMENT AND REHABILITATION HOSPITAL**

The Edmonton General Hospital has a specialized assessment and rehabilitation program which operates on the Youville Wing's in-patient units and in its day hospital.

Check under DAY HOSPITALS for address and phone number.

## **ALBERTA HEALTH FACILITIES REVIEW COMMITTEE**

A committee of 12 appointed by the provincial government to visit general hospitals, mental hospitals, auxiliary hospitals, nursing homes and senior citizens' lodges throughout the province, for the purpose of monitoring and evaluating them on behalf of users and the public at large. The visits are unannounced.

The committee also has a mandate to investigate complaints regarding institutions. The address is:

## **ALBERTA HEALTH FACILITIES REVIEW COMMITTEE**

2nd Floor, Pacific Plaza  
10909 Jasper Avenue  
EDMONTON, Alberta  
T5J 3M9  
(427-4924)



# HOUSING SERVICES

## FINANCIAL AID FOR ACCOMMODATION

### RENTERS GRANT

A provincial grant of \$1,200 a year is available to you if you are 65 or over, have rented accommodation in Alberta for at least 120 days during the year and have not already claimed a homeowner refund for that year.

*You must apply for this grant every year. However, application forms will be mailed automatically to persons who received this grant in the previous year.*

A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60 and 64 years, whose deceased spouse was 65 years or older and eligible at the time of death, may also qualify for the Renters Grant. Recipients of the Alberta Widows' Pension may also be eligible.

People living in subsidized housing, such as senior citizens apartments and lodges, are eligible for a \$600 grant. Those living in nursing homes, active treatment hospitals and auxiliary hospitals do not qualify.

Application forms for this annual grant are available at Treasury Branches, local city halls or town offices, local information centres, senior citizens housing or by contacting:

### GRANTS AND SUBSIDIES BRANCH ALBERTA MUNICIPAL AFFAIRS

Box 2021

EDMONTON, Alberta

T5J 2P4

(427-4873)

## RENTERS ASSISTANCE FOR OWNERS OF MOBILE HOMES

A provincial rental assistance grant of \$1,000 for those 65 and over who own and have resided in a mobile home on rented land for at least 120 days and who have not received a property tax reduction benefit. A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60 and 64 years, whose spouse was 65 years or older and eligible at the time of death, may also qualify. A recipient of the Alberta Widows' Pension may also be eligible.

Application is made on the same form as for the Renters Grant.

Further information is available at Alberta Municipal Affairs (see address under Renters Grant).

## PROPERTY TAX REDUCTION BENEFITS

Provincial property tax reduction benefits for people age 65 or over who live in their own homes for at least 120 days during the tax year and who have not claimed a Renters Assistance Grant for that year.

The maximum property tax reduction is \$1,000 or total taxes. The first part of the benefit is removal of the entire provincial education tax which the provincial government pays for everyone. Then the remainder of the \$1,000 can be used to reduce property taxes up to the total amount of the tax, or to \$1,000, whichever is less.

A widow or widower between the ages of 60 and 64 years, whose spouse was 65 years or older at the time of death, if he or she

continues to own and live in the home, may receive this reduction. Recipients of the Widows' Pension Plan may also be eligible.

Application forms for these benefits may be sent each year with your property tax notice, or are available at your municipal tax office.

The completed application should be returned to your municipality. Further information is available at Alberta Municipal Affairs (see address under Renters Grant).

### **SENIOR CITIZENS' HOME HEATING PROTECTION PROGRAM**

A provincial program to assist senior citizens with home heating costs, regardless of the type of fuel used.

A rebate of \$100 for each calendar year is paid directly to eligible seniors. To be eligible, seniors must own and live in their own homes for at least 120 days during the calendar year.

The rebate is available to home-owners age 65 or over. Also eligible are widows and widowers between the ages of 60 and 64 whose spouse was age 65 or over at the time of death. Those persons who are receiving the benefits from the Alberta Widows' Pension Program during the respective calendar year are also eligible.

Cheques are issued automatically to persons who have applied for and received the Alberta Property Tax Reduction Benefit. Payments are mailed during January to March of the following year.

Application forms and information are available at local municipal tax offices or from:

#### **REBATES BRANCH**

Alberta Transportation and Utilities  
12323 Stony Plain Road  
EDMONTON, Alberta  
T5N 3Y9  
(422-4098)

### **SENIORS' HOME IMPROVEMENT PROGRAM EXTENSION**

A provincial program providing a grant of up to \$3,000 to eligible senior citizens. The grant can be used for a wide variety of home repairs, improvements and renovations. It applies to single-family dwellings, duplexes, fourplexes, row houses, condominiums and mobile homes. You may be eligible if your total household income for the last calendar year did not exceed \$23,000 and you have not yet received this grant. If you have already received the grant but less than the maximum amount, and your income has since gone down, you might be eligible for some additional grant money.

#### **YOU MUST GET THIS GRANT APPROVED PRIOR TO PROCEEDING WITH REPAIRS.**

To be eligible, you must:

1. own and live in your own home for at least nine months each year;
2. have lived in Alberta for one year prior to application;
3. have at least 10 years residency in Canada and Canadian citizenship or landed immigrant status;
4. be at least 65 years of age or a widow or widower age 55 or over.

For further information, brochures and application forms, contact:

#### **SENIORS HOME IMPROVEMENT PROGRAM**

Alberta Municipal Affairs  
11156 Jasper Avenue  
Box 2453  
Edmonton, Alberta  
T5J 3B8  
(427-5760) (For toll-free call, dial the Operator and ask for Zenith 22093)

## HOME ADAPTATION PROGRAM

This provincial program provides a grant of \$1,000 to tenants or home-owners with an adjusted family income of \$25,500 or less per year, regardless of age, if they are wheelchair users or have a member of their household using a wheelchair. Landlords are also eligible to apply. The program is intended to meet the special home adaptation needs of persons who are permanently confined to a wheelchair. Funds will be granted for permanent modifications to a home associated with improving accessibility and movement for wheelchair users within the home.

**YOU MUST GET THIS APPLICATION APPROVED PRIOR TO PROCEEDING WITH ANY ADAPTATIONS.**

Enquiries should be made directly to:

**HOME ADAPTATION PROGRAM**  
205, 10050 - 112 Street  
Edmonton, Alberta  
T5K 2J1  
(422-2711)

## HOUSING FOR SENIOR CITIZENS

### LODGES

Accommodation providing room and board to senior citizens who do not wish to do, or cannot handle their own housekeeping.

Lodges are located throughout the province. The average lodge accommodates between 40 and 65 persons and has both single and double rooms. Furniture, drapes and linen are provided. Complete meal services in a central dining hall are provided for all residents.

Rental rate guidelines are set by the provincial government.

The maximum rates as of April, 1988 are:

\$410 a month, each person, for a double room.  
\$456 a month for a single room.  
\$533 a month for a special single room (large).

The local foundation (municipally appointed board) managing each lodge is responsible for handling applications, selecting tenants and setting the rules and regulations for the lodge.

The general admission requirements are:

1. reasonable mental and physical health;
2. Alberta residency for one year prior to application;
3. at least 65 years of age (one member of a couple must be 65 years or older).

For more information, contact your local foundation or local information centre (see page 1).

### APARTMENTS

Self-contained apartments designed to provide accommodation for senior citizens at a reasonable rent.

The units are either bachelor or one-bedroom apartments with stoves, refrigerators and carpets. Lounges and laundry facilities are available in each project.

Rents in the buildings built under the present plan are based on income. A senior citizen pays 25 percent of his or her gross income in rent.

Cottages or self-contained units built prior to the present plan charge a flat rate which is considerably lower than that charged by privately owned apartments. Rates as of April 1987 are: bachelor \$180, one bedroom \$264.

If you are a resident of Alberta and can manage your own housework, you may be eligible for a senior citizens apartment. Since the supply of housing available is limited, priority is



given to those in greatest need. Need is determined by your household income, your assets, condition of your present accommodation, the amount of your present rent and the availability of services to you.

Applications are made directly to the project management group which selects the tenants.

For more information in Calgary, Edmonton, Lethbridge and Medicine Hat, contact your local housing registry (see below).

## **HOMES FOR SPECIAL CARE**

Privately operated lodges, licenced by the provincial government, which provide room, board and some personal care for older residents.

Admission requirements and fees are determined by the management of each home.

## **HOUSING REGISTRIES**

Offices in Edmonton, Calgary, Lethbridge and Medicine Hat which have complete lists of senior citizens housing (apartments and lodges) available in those cities. The registries provide information about local senior citizens housing and may help you find private accom-

modation. If you live in these areas contact:

### **CALGARY**

Kerby Centre  
1133 - 7 Avenue S.W.  
T2P 1B2  
(265-0661)

### **EDMONTON**

Society for the Retired and Semi-Retired  
10004 - 105 Street  
T5J 1C3  
(423-5510)

### **LETHBRIDGE**

Information Lethbridge  
Yates Memorial Centre  
4th Avenue and 10th Street South  
c/o City Hall  
T1J 0P6  
(320-3841)

### **MEDICINE HAT**

Strathcona Centre  
11 - 55 Street S.E.  
T1A 8C7  
(529-8307)

If a housing registry is not available in your area, contact your local information centre or the Senior Citizens Secretariat, 427-7876, for more information.

# LEARNING OPPORTUNITIES

## CONTINUING EDUCATION

### Credit Courses

Are offered on a tuition-free basis to persons 65 or older attending the following educational institutions (where space is available after fee-paying students have been accommodated):

Alberta Vocational Centre – Calgary  
Alberta Vocational Centre – Edmonton  
Alberta Vocational Centre – Lac La Biche  
Alberta Vocational Centre – Grouard  
Northern Alberta Institute  
of Technology – Edmonton  
Southern Alberta Institute  
of Technology – Calgary

Senior citizens now can attend some other educational institutions in the province on a tuition-free basis or with a minimal registration fee. To find out if this is the case in your area, contact the registrar's office at the nearest university or college or your local information service (see page 1).

### Non-Credit Courses

The University of Alberta and the University of Calgary are receiving special ministerial grants to offer non-credit learning experiences on campus called **Spring Session for Seniors**. Some fees are charged for these programs. For further details, contact University of Alberta at **432-3166** or University of Calgary at **220-4100**.

Other non-credit general interest programs may be available to you in your community through the local **Further Education Council**. Please contact the nearest lodge, drop-in centre or local information centre (see page 1).

Regional further education coordinators are available in some areas. If you cannot locate the coordinator in your area, you should contact the Senior Citizens Secretariat (see page 5) or:

## FURTHER EDUCATION PROGRAM SERVICES

Alberta Advanced Education  
11160 Jasper Avenue  
EDMONTON, Alberta  
T5K 0L3  
(427-5624)

## CONSUMER HELP

Available from Alberta Consumer and Corporate Affairs regional offices throughout the province. Offices are located in Calgary, Edmonton, Fort McMurray, Grande Prairie, Lethbridge, Medicine Hat, Peace River and Red Deer. They offer:

- consumer complaint investigation
- financial counselling
- consumer education on workshops and courses
- free information on a variety of topics

For more information about these services, contact the office nearest you. The address and telephone number are listed in your telephone directory under Government of Alberta.

For a list of available free publications, request a copy of "Publication List," from:

### ALBERTA CONSUMER AND CORPORATE AFFAIRS

Box 1616  
EDMONTON, Alberta  
T5J 2N9

## ALBERTA AGRICULTURE

Through the resources of the Home Economics Branch, Alberta Agriculture, through its network of district Home Economists, provides home economics information and education services to rural people, particularly farm families. Current program priorities aimed at farm women include: budgeting, family income, home and farm record keeping, family

financial security, time management, remodelling homes for energy efficiency, nutrition, weight control and food preservation.

The Home Economics Branch has developed a learning package, **Nutrition and the Life Cycle: The Senior Years**. It may be borrowed from your local District Home Economist.

Two branch publications of interest to senior

citizens are: **Cooking for One or Two and Ins and Outs of Nutrition**. These are available from your local Alberta Agriculture District Office or:

**PRINT MEDIA BRANCH**

7000 - 113 Street  
EDMONTON, Alberta  
T6H 5T6  
(427-0391)



# LEISURE OPPORTUNITIES

## ALBERTA RECREATION AND PARKS

### LOCAL RECREATION PROGRAMS

Available throughout the province. The majority of community-based activities are the responsibility of municipal parks and recreation departments.

Recreation activity opportunities for older Albertans include recreation centres, arts and crafts classes and exhibitions, outdoor learning at nature centres, fitness programs, Master's categories in sports (such as swimming, badminton, tennis and golf), and bi-annual Alberta Senior Games, participatory events in Alberta Summer and Winter Games, and tours and exchange visits.

Your local recreation department can supply you with information as to local programs, activities, interest groups and workshops available. Consult your telephone directory for the number of your local municipal recreation department or contact your local information centre (see page 1).

### PROVINCIAL SPORTS AND RECREATION SERVICES BRANCH

This branch promotes, encourages and coordinates orderly recreation development in Alberta through the establishment of an integrated provincial system of recreation administration, facilities, participation and leadership opportunities and program development.

Services provided are consultation, information, resource materials, educational opportunities and grants.

## ALBERTA RECREATION AND PARKS

Provincial Sports and Recreation  
Services Branch  
9th Floor, Standard Life Centre  
10405 Jasper Avenue  
EDMONTON, Alberta  
T5J 3N4  
(427-2015)

To facilitate department services, the province is divided into regions. For information about the programs and services, you may contact the department's regional recreation consultants:

Calgary	297-6115
Edmonton	427-2019
Edson	723-8227
Grande Prairie	538-5300
High Prairie	523-6536
Leduc	986-8401
Lethbridge	381-5231
Peace River	624-6295
Red Deer	340-5115
Stettler	742-7516
St. Paul	645-6353
Stony Plain	963-2281
Three Hills	443-8500

Funding for facilities may be available through the Community Recreation/Cultural Grant Program. For information, contact your recreation consultant.

### ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION (See PROVINCIAL ORGANIZATIONS FOR SENIORS)

### SENIOR CENTRES, DROP-IN CENTRES AND CLUBS

Exist throughout the province. Programs vary widely. Some centres are open daily, others operate part time. In general, they offer social and recreational opportunities. Some

offer services such as friendly visiting, health and information counselling, group meal services, continuing education classes, arts and crafts groups and volunteer opportunities (see "Services To Help You At Home And In The Community").

Check with the centres and clubs in your area, your local information service (see page 1), Family and Community Support Services (see Appendix II) or your local health unit (see Appendix I).

## **ALBERTA CULTURE**

Senior citizens' groups are eligible for any of the programs or services of Alberta Culture, including any workshops, consultative services or resources and library materials.

For information regarding any cultural programs or services, contact:

### **ALBERTA CULTURE**

12th Floor, CN Tower  
10004 - 104 Avenue  
EDMONTON, Alberta  
T5J 0K5  
(427-2568)

OR

Any of the department's field offices:

Calgary	297-6126
Grande Prairie	538-5408
Medicine Hat	529-3635
St. Paul	645-6328
Red Deer	340-5257

## **NEW HORIZONS**

A federal government program which provides funding to groups of 10 or more retired

persons to carry out projects of their own choosing for the benefit of themselves and others in the community.

Financial assistance is available to start up new activities or to expand existing activities within the community. Grants may cover expenses incurred in planning, organizing and operating activities including such items as rent, utilities, furniture and equipment, materials and supplies and minor renovations for space used. Limited funds are available for capital expenditures. Funds are not available to pay salaries to project directors or participants. The emphasis is on being involved and participating in community events, on a voluntary basis.

Some typical projects include activities at drop-in centres; community services; crafts and hobbies; historical, cultural and educational projects; information services; sports and recreation; and, performing arts.

New Horizons staff is available to meet with groups considering project activities prior to the preparation of applications.

For information contact:

### **NEW HORIZONS**

203, 10621 - 100 Avenue  
EDMONTON, Alberta  
T5J 0B3

**(420-2754) You can call collect.**

After March 1988 the address is:

8th Floor, Canada Place  
9700 Jasper Avenue  
Edmonton, Alberta  
**(495-2754)**

# **SERVICES TO HELP YOU AT HOME AND IN THE COMMUNITY**

## **FAMILY AND COMMUNITY SUPPORT SERVICES PROGRAMS**

Provincial/municipal programs available in many parts of Alberta designed to promote the general social well-being of individuals and groups of all ages by preventing or minimizing those conditions which tend to reduce personal well-being.

Through the Family and Community Support Services Programs provincial and municipal funding is provided for services of interest to senior citizens, such as senior centres, home support services and meals-on-wheels.

Most municipal Family and Community Support Services Programs have a director. Directors are knowledgeable about social and health services provided by other agencies and government departments and are aware of new program developments and funding sources.

For information about the kinds of services in your area, contact your local Family and Community Support Services director (see Appendix II) or contact:

**FAMILY AND COMMUNITY  
SUPPORT SERVICES BRANCH**  
Alberta Community and Occupational  
Health  
Seventh Street Plaza  
10030 - 107 Street  
EDMONTON, Alberta  
T5J 3E4  
(427-2803)

## **MEALS-ON-WHEELS**

A service which provides one hot meal a day to senior citizens in their homes. There usually is a charge for the meals.

Meals-on-Wheels services are located in many Alberta cities and towns.

For further information, contact your local health unit (see Appendix I), your local Family and Community Support Services office (see Appendix II), or your local information service (see page 1).

## **HOME HELP SERVICES**

Providing limited home help, chore help and home maintenance services in some Alberta cities and towns. The home help service may offer help with light housekeeping and cleaning, shopping and some personal services if you are unable to manage on your own. Chore services and home maintenance services may be available to help you with upkeep and repair work on yard and house if you are unable to do it. There usually is a charge for these services.

For information about those services, contact your local health unit (see Appendix I), your local Family and Community Support Services office (see Appendix II), or your local information centre (see page 1).

## **THE DEPARTMENT OF VETERANS AFFAIRS – VETERANS INDEPENDENCE PROGRAM**

Provides home help such as housekeeping or grounds-keeping to certain veterans who qualify due to health, age, war service disability War Veterans Allowance or a combination of these factors. For further information, contact the district office closest to you.



## **EDMONTON**

District Medical Officer  
Veterans Services District Office  
8th Floor, Baker Centre  
10025 - 106 Street  
T5J 1G7  
(420-3762)

## **CALGARY**

District Medical Officer  
Veterans Services District Office  
Sam Livingston Building  
102 - 510 - 12 Avenue S.W.  
T2R 0X5  
(292-4820)

## **HOME CARE**

See “Health Services” for information about the Coordinated Home Care Program.

## **SENIOR CENTRES**

Some senior centres provide friendly visiting, group meal services, telephone-buddy calls, health counselling, information services and volunteer opportunity programs. You may

wish to use their services or participate in providing the services (see “Leisure Opportunities” for information).

For information about centres, contact your local information service (see page 1), your Family and Community Support Services office or your local health unit (see Appendices I and II).

## **NEW HORIZONS**

Funding for groups wishing to undertake a service project (see “Leisure Opportunities” for information).

## **FURTHER HELP**

Opportunities for people needing some care, to stay for a brief period of time or to go during the day, may be available at a lodge or nursing home in their communities. Adult day programs may be available. Check with your local information service (see page 1) or your nearest health unit office (see Appendix I).

# TRANSPORTATION

## BUS PASSES

Available at minimal cost to people 65 years of age and older who are residents of Calgary, Edmonton, Lethbridge and Red Deer. You must supply proof of age when applying. Passes are available at the following places:

### CALGARY

City of Calgary Social Services  
Department Special Needs  
Transportation Unit  
Municipal Building, 7th Floor  
800 Macleod Trail S.E.  
T2P 2M5  
(268-5111)

write to:  
Box 2160, Station "M"

### EDMONTON

City of Edmonton Transit  
LRT Churchill Station  
99 Street and 102A Avenue  
(across from the Edmonton Art Gallery)  
(428-8868)

### LETHBRIDGE

Senior Citizens Centre  
500 - 11 Street S.  
T1J 4G7  
(320-2222)

### RED DEER

City Hall  
City Clerk's Department  
4914 - 48 Avenue  
(342-8111)

## SPECIAL TRANSPORTATION HELP

Available in some of the larger centres for you if you cannot use the regular transportation system. Call your local information centre (see page 1) to learn more about this service.

In smaller centres, some help with transportation may be available. Contact your local information centre (see page 1), your health unit (see Appendix I), or your Family and Community Support Services office (see Appendix II).

Alberta Transportation provides a per capita grant to cities, towns, counties, municipalities, improvement districts and incorporated villages and hamlets to aid them in developing transportation for the elderly and handicapped. The use of these funds is determined by the local government.

The Alberta Council on Aging has published a **Transportation Handbook** to assist rural areas in developing a business service. This booklet is available from the Alberta Council on Aging at a small charge (see page 36 for address).

## TRAVEL DISCOUNTS

Various discounts are available to all older people in Alberta when proof of age is shown.

**Airline Discounts:** All reservations confirmed (effective for flights in Canada only).

Airlines providing discounts in fares are:

Air Canada  
Canadian Airlines International

**Via Rail Canada** provides a 33 percent discount.

**Greyhound Bus** provides a 10 percent discount on regular fares, not excursion fares.

**Red Arrow Express Bus** provides a 10 percent discount except on Friday and Sunday. This bus travels between Calgary, Red Deer, Edmonton and Fort McMurray.

# PROVINCIAL ORGANIZATIONS FOR SENIORS

## ALBERTA COUNCIL ON AGING

A voluntary organization of groups and individuals concerned with the process of aging. It works toward change on both the individual and societal level, and toward enhancement of active community participation of seniors in society.

The ACA has a board of directors, the majority of whom are senior citizens, who are elected by its membership from various parts of Alberta. The board of directors is responsible for the development of organizational policy and program strategies.

The Council acts as secretariat for the **Inter-agency Council**, a group of representatives of non-governmental provincial organizations working with the elderly across Alberta. In this way it encourages communication and sharing of resources among senior groups and organizations without interfering with their autonomy.

The ACA has promoted senior involvement in areas such as health care, transportation, senior centre management, education, sports and recreation, the arts and law enforcement.

The ACA also publishes the ACA News, a current source of information on issues concerning Alberta's seniors.

Individual membership is \$5 a year and includes the ACA News. Organizational membership is \$25 a year and provides five copies of each issue of the ACA News and free use of the film library.

The ACA, in cooperation with the Senior Citizens Secretariat, New Horizons, and the Wild Rose Foundation, has developed a unique service to meet the changing needs of senior citizens and their organizations. This innova-

tive program, called the Volunteer Community Consultant Project, utilizes retired experts to assist seniors' groups with their needs in the areas of leadership development, access to resources, programming and communication.

## ALBERTA COUNCIL ON AGING

Room 390, First Edmonton Place  
10665 Jasper Avenue  
EDMONTON, Alberta  
T5J 3S9  
(423-7781)

## CANADIAN PENSIONERS CONCERNED, ALBERTA DIVISION

A senior citizens' organization that concentrates its activities specifically in the area of financial concerns and problems of pensioners. They feel that those seniors' organizations whose work relates to education and who promote recreation, travel and social activities are well-developed, whereas the area of financial concern requires specialized attention.

To achieve its aims, Canadian Pensioners Concerned becomes involved in researching areas of need, anomalies, discrepancies and general financial interest related to pensioners. It monitors legislation passed or proposed and makes its findings known to whichever government is involved by briefs, presentations and lobbying.

All the work of Canadian Pensioners Concerned is carried on by volunteers. Although Canadian Pensioners Concerned has been funded in the past by the federal New Horizons program, it is now completely self-supporting. Donations and contributions from members and the community are its only source of income to cover its operating expenses.



Membership is available to individuals, senior citizens' groups and senior citizens' organizations such as drop-in centres.

A newsletter is published four times a year. It informs members of benefits available and legislation affecting pensioners.

Membership fees per year are: single members \$6; married couples \$8; organizations \$10 (this includes newsletters).

For further information contact:

**CANADIAN PENSIONERS CONCERNED, ALBERTA DIVISION**  
3626 - 113 Avenue  
EDMONTON, Alberta  
T5W 0P8  
(474-3580)

## **ALBERTA PENSIONERS AND SENIOR CITIZENS ORGANIZATION**

A voluntary organization composed of local chapters in Alberta. The Alberta organization was founded in 1942 in Lethbridge, and is a member of the National Pensioners and Senior Citizens Federation.

The organization is concerned about pensions and other issues affecting the elderly.

Chapters meet regularly and hold an annual meeting at which proposed resolutions are voted on and forwarded to appropriate bodies.

For further information, contact:

**ALBERTA PENSIONERS AND SENIOR CITIZENS ORGANIZATION**  
c/o Secretary, Kay O'Connell  
P.O. Box 10  
PICTURE BUTTE, T0K 1V0  
(732-4565)

## **ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION**

A volunteer action group which promotes sport, recreation and fitness development for adults age 55 and over, acts as the provincial voice and encourages and promotes participation at the local level in Alberta Winter, Summer and Senior Games. The board of directors consists of an executive and representatives from branches in eight zones across the province. Members receive a monthly magazine at a fee of \$3 a person per annum. Special rates for clubs and centres are available and are determined by the number of members.

For information, contact:

**ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION**  
890, 1520 - 4 Street S.W.  
Calgary, Alberta  
T2R 1H5  
(228-1974)

# LEGAL SERVICES

## OMBUDSMAN

Appointed by the legislature. His duty is to investigate the complaints of any person who feels unjustly dealt with by a department or agency of the provincial government. The Ombudsman has no power to investigate complaints against the federal or municipal government, or to intervene in court cases. Investigations can be started only after the person making the complaint has used all the normal channels of appeal. The Ombudsman Act requires every complaint to be in writing. Offices are located at:

### EDMONTON

1630 Phipps-McKinnon Building  
10020 - 101A Avenue  
T5J 3G2  
(427-2756)

### CALGARY

1080 McFarlane Tower  
700 - 4 Avenue S.W.  
T2P 3J4  
(297-6185)

## LEGAL AID

Provides legal representation for eligible individuals who will likely be called upon to repay the Legal Aid Society at a reduced rate when the case is completed.

For an appointment, contact the nearest of the following offices:

Calgary	297-2260
Edmonton	427-7575
Fort McMurray	743-7356
Grande Prairie	538-5470
Hinton	865-8239
Lethbridge	381-5194
Medicine Hat	529-3553
Peace River	624-6250
Red Deer	340-5119
St. Paul	645-6205
Wetaskiwin	352-7011

## PUBLIC TRUSTEE

Can assist persons who require help with administration of wills and estates.

In CALGARY, phone **297-6541**; in EDMONTON phone **427-2744**.

## PUBLIC GUARDIAN

Offers a legal means for a court-appointed guardian to make, or assist in making, decisions for adult Albertans who are unable to care for themselves and to make reasonable judgements in respect of matters relating to their person.

Offices of the Public Guardian:

### CALGARY

2nd Floor, Executive Place  
731 - 6 Avenue S.W.  
T2P 0V1  
(297-3364)

### EDMONTON

4th Floor, 108th Street Building  
9942 - 108 Street  
T5K 2J5  
(427-0017)

### LETHBRIDGE

501 Professional Building  
740 - 4 Avenue South  
T1J 0N9  
(381-5648)

### RED DEER

2nd Floor, Provincial Building  
4920 - 51 Street  
T4N 6K8  
(340-5165)

## STUDENT LEGAL SERVICES

Provides free legal information (not advice) by students working under the direction of a lawyer.

IN CALGARY phone **220-6637**;

IN EDMONTON phone:

**425-3356** McLeod Project (from 9 a.m. - 12 noon and 1 - 5 p.m. during the summer months and 4:30 - 6:30 p.m. during fall and winter)

**432-0770** Whyte Avenue office (from 8:30 a.m. - noon, and 1 - 4:30 p.m. during the summer months; 7 - 9 p.m. Monday to Thursday in the fall and winter)

**452-9177** West 10 office (from 10 a.m. - 3:30 p.m. during the summer and 7 - 9 p.m. in the fall and winter)

**432-2701** Family Law information

**432-2226** Administrative law (labour, UIC, immigration, small claims, landlord-tenant) Summer hours are Monday, Tuesday, Thursday from 3 - 5 p.m. and Friday from 2 - 4 p.m. at the University of Alberta. During the fall and the winter the Whyte Avenue office takes these calls from 10 a.m. - noon and 3 - 5 p.m.

## **LAWYER REFERRAL SERVICE**

Operated by the Law Society of Alberta to help you if you can afford to pay for a lawyer, but do not know one who can help you. The service provides the names of three lawyers in a specific category. You receive the first half hour of discussion for a "nominal fee." During that time you can discuss fees and decide whether you want to use the lawyer contacted. You are charged the lawyer's full fee for any service provided. This office is located at:

## **LAWYER REFERRAL SERVICE OFFICE**

344 - 12 Avenue S.W.

CALGARY, Alberta

T2R 0H2

**(263-5988)**

(Toll-free anywhere in Alberta:

**1-800-332-1110)**

## **ALBERTA WOMEN'S SECRETARIAT**

Provides the following booklets:

1. Laws for Albertans
2. Wills and Estates for Albertans
3. A Guide to Probate Procedure

For copies of these free booklets, contact:

### **THE ALBERTA WOMEN'S SECRETARIAT**

Education and Communications Division

8th Floor

Kensington Place

10011 - 109 Street

EDMONTON

T5J 3S8

## **DIAL-A-LAW**

A Calgary based telephone service which provides pre-recorded information tapes on a variety of legal topics.

CALGARY (234-9022)

Toll free (1-800-332-1091)

### **NOTE:**

The Senior Citizens Secretariat has a paper outlining the differences between Power of Attorney, Guardianship, and Trusteeship. This is available free of charge. Contact:

10030 - 107 Street

Edmonton, Alberta

T5J 3E4

**(427-7876)**



# APPENDIX I – HEALTH UNITS AND SUB-OFFICES

## **Airdrie Sub-office**

See Mount View Health Unit

## **Alberta East Central Health Unit 742-3326**

5402 - 50 Avenue (Box 550)

Stettler, T0C 2L0

Sub-offices: Bashaw, Camrose, Castor,  
Coronation, Daysland, Galahad, Hardisty,  
Hughenden, Provost, Sedgewick

## **Alberta West Central Health Unit 723-4421**

5003 - 3 Avenue (Box 1718)

Edson, T0E 0P0

District offices: Drayton Valley, Evansburg,  
Grande Cache, Hinton

## **Athabasca Health Unit 675-2231**

3401 - 48 Avenue (Box 1140)

Athabasca, T0G 0B0

Sub-offices: Calling Lake, Kinuso, Lac La  
Biche, Slave Lake, Smith, Desmarais  
Clinics: Peerless Lake, Trout Lake, Chip  
Lake

## **Banff National Park Health Unit 762-2990**

Box 1266

Banff, T0L 0C0

## **Barons-Eureka-Warner Health Unit 345-4451**

Box 1000

Coaldale, T0K 0L0

Sub-offices: Picture Butte, Raymond, Taber,  
Vauxhall, Warner

## **Barrhead District Office**

See Sturgeon Health Unit

## **Bashaw Sub-office**

See Alberta East Central Health Unit

## **Beaumont Sub-office**

See Leduc-Strathcona Health Unit

## **Beaverlodge District Office**

See South Peace Health Unit

## **Big Country Health Unit 854-3325**

401, 3 Avenue and Centre Street (Box 279)

Hanna, T0J 1P0

Sub-offices: Consort, Empress, Oyen

## **Black Diamond Sub-office**

See Foothills Health Unit

## **Blairmore Sub-office**

See Chinook Health Unit

## **Bonnyville Sub-office**

See Northeastern Alberta Health Unit

## **Bow Island Sub-office**

See Southeastern Alberta Health Unit

## **Brooks Sub-office**

See Southeastern Alberta Health Unit

## **Calgary Health Services**

228-7400

320 - 17 Avenue S.W.

(Box 4016, Station "C")

Calgary, T2T 5T1

## **Calling Lake Sub-office**

See Athabasca Health Unit

## **Camrose Sub-office**

See Alberta East Central Health Unit

## **Canmore Sub-office**

See Mount View Health Unit

## **Cardston Sub-office**

See Chinook Health Unit

## **Carstairs Sub-office**

See Mount View Health Unit

## **Castor Sub-office**

See Alberta East Central Health Unit

## **Chinook Health Unit**

553-4451

521 - 26 Street (Box 727)

Fort Macleod, T0L 0Z0

Sub-offices: Blairmore, Cardston,  
Claresholm, Magrath, Pincher Creek

## **Chip Lake Clinic**

See Athabasca Health Unit

## **Claresholm Sub-office**

See Chinook Health Unit

## **Coaldale**

See Barons-Eureka-Warner Health Unit

## **Cochrane Sub-office**

See Mount View Health Unit

- Consort Sub-office**  
See Big Country Health Unit
- Coronation Sub-office**  
See Alberta East Central Health Unit
- Daysland Sub-office**  
See Alberta East Central Health Unit
- Delburne Sub-office**  
See Red Deer Health Unit
- Desmarais Sub-office**  
See Athabasca Health Unit
- Devon Sub-office**  
See Leduc-Strathcona Health Unit
- Didsbury Sub-office**  
See Mount View Health Unit
- Drayton Valley District Office**  
See Alberta West Central Health Unit
- Drumheller Health Unit** 823-3341  
647 - 7 Avenue E. (Box 1780)  
Drumheller, T0J 0Y0  
Sub-offices: Strathmore, Three Hills
- Edmonton Board of Health** 482-1965  
Suite 500, 10216 - 124 Street  
Edmonton, T5N 4A3
- Edson**  
See Alberta West Central Health Unit
- Elk Point Sub-office**  
See Northeastern Alberta Health Unit
- Empress Sub-office**  
See Big Country Health Unit
- Evansburg District Office**  
See Alberta West Central Health Unit
- Falher Sub-office**  
See Peace River Health Unit
- Fairview Sub-office**  
See Peace River Health Unit
- Foothills Health Unit** 652-3297  
Box 638  
High River, T0L 1B0  
Sub-offices: Black Diamond, Nanton,  
Okotoks, Vulcan
- Fort Macleod**  
See Chinook Health Unit
- Fort McMurray and District Health Unit** 743-3232  
9921 Main Street  
Fort McMurray, T9H 4B4
- Fort Saskatchewan Sub-office**  
See Leduc-Strathcona Health Unit
- Fort Vermilion**  
See High Level-Fort Vermilion Health Unit
- Fox Creek Sub-office**  
See Stony Plain-Lac Ste. Anne Health Unit
- Galahad Sub-office**  
See Alberta East Central Health Unit
- Grand Centre**  
See Northeastern Alberta Health Unit
- Grande Cache District Office**  
See Alberta West Central Health Unit
- Grande Prairie**  
See South Peace Health Unit
- Hanna**  
See Big Country Health Unit
- Hardisty Sub-office**  
See Alberta East Central Health Unit
- High Level-Fort Vermilion Health Unit** 926-3791  
105 Avenue and 103 Street (Bag 400)  
High Level, T0H 1Z0
- High Prairie Sub-office**  
See Peace River Health Unit
- High River**  
See Foothills Health Unit
- Hinton District Office**  
See Alberta West Central Health Unit
- Holden Sub-office**  
See Vegreville Health Unit
- Hughenden Sub-office**  
See Alberta East Central Health Unit
- Innisfail Sub-office**  
See Red Deer Health Unit
- Irricana Sub-office**  
See Mount View Health Unit

- Jasper National Park Health Unit** 852-4759  
508 Robson Street (Box 925)  
Jasper, T0E 1E0
- Kitscoty Sub-office**  
See Minburn-Vermilion Health Unit
- Kinuso Sub-office**  
See Athabasca Health Unit
- Lac La Biche Sub-office**  
See Athabasca Health Unit
- Lacombe Sub-office**  
See Red Deer Health Unit
- Lamont Sub-office**  
See Vegreville Health Unit
- Leduc-Strathcona Health Unit** 467-5571  
2011 Brentwood Boulevard  
Sherwood Park, T8A 0X2  
Home Care Office: 467-5549  
340 Sioux Road, T8A 3X7  
Sub-offices: Fort Saskatchewan, Leduc,  
Devon, Thorsby, Beaumont
- Lethbridge Health Unit** 327-2166  
801 - 1 Avenue South  
Lethbridge, T1J 4L5
- Magrath Sub-office**  
See Chinook Health Unit
- Manning Sub-office**  
See Peace River Health Unit
- Medicine Hat**  
See Southeastern Alberta Health Unit
- Medley Sub-office**  
See Northeastern Alberta Health Unit
- Minburn-Vermilion Health Unit** 853-5270  
Box 720  
Vermilion, T0B 4M0  
Sub-offices: Kitscoty, Wainwright
- Morinville District Office**  
See Sturgeon Health Unit
- Mount View Health Unit** 275-2286  
Suite 200, Carma Building  
6715 - 8 Street N.E.  
Calgary, T2E 7H7  
Sub-offices: Airdrie, Canmore, Carstairs,  
Cochrane, Didsbury, Irricana, Olds, Sundre
- Nanton Sub-office**  
See Foothills Health Unit
- Northeastern Alberta Health Unit** 645-3396  
Box 1468  
St. Paul, T0A 3A0  
Sub-offices: Bonnyville, Elk Point, Grand  
Centre, Smoky Lake, Medley
- Olds Sub-office**  
See Mount View Health Unit
- Okotoks Sub-office**  
See Foothills Health Unit
- Oyen Sub-office**  
See Big Country Health Unit
- Peace River Health Unit** 624-3611  
10015 - 98 Street (Box 69)  
Peace River, T0H 2X0  
Sub-offices: Fairview, Falher, High Prairie,  
Manning, Worsley
- Peerless Lake Clinic**  
See Athabasca Health Unit
- Picture Butte Sub-office**  
See Barons-Eureka-Warner Health Unit
- Pincher Creek Sub-office**  
See Chinook Health Unit
- Ponoka Sub-office**  
See Wetoka Health Unit
- Provost Sub-office**  
See Alberta East Central Health Unit
- Raymond Sub-office**  
See Barons-Eureka-Warner Health Unit
- Red Deer Health Unit** 346-7741  
4920 - 51 Street  
Red Deer, T4N 6K8  
Sub-offices: Delburne, Innisfail, Lacombe,  
Rocky Mountain House, Sylvan Lake
- Redwater District Office**  
See Sturgeon Health Unit
- Rimbey Sub-office**  
See Wetoka Health Unit
- Rocky Mountain House**  
See Red Deer Health Unit
- St. Albert**  
See Sturgeon Health Unit
- St. Paul**  
See Northeastern Alberta Health Unit



**Sedgewick Sub-office**  
See Alberta East Central Health Unit

**Sherwood Park**  
See Leduc-Strathcona Health Unit

**Slave Lake Sub-office**  
See Athabasca Health Unit

**Smith Sub-office**  
See Athabasca Health Unit

**Smoky Lake Sub-office**  
See Northeastern Alberta Health Unit

**South Peace Health Unit** 532-4441  
10320 - 99 Street  
Grande Prairie, T8V 6J4  
District Offices: Spirit River, Beaverlodge,  
Valleyview

**Southeastern Alberta Health Unit** 526-7950  
2948 Dunmore Road S.E.  
Medicine Hat, T1A 8E3  
Sub-office: (for home care, dental, speech,  
environmental) 527-1136  
770 - 1 Street S.E.  
Medicine Hat (also for Bow Island and Brooks)

**Spirit River District Office**  
See South Peace Health Unit

**Spruce Grove Sub-office**  
See Stony Plain-Lac Ste. Anne Health Unit

**Stettler**  
See Alberta East Central Health Unit

**Stony Plain-Lac Ste. Anne Health Unit** 963-2206  
4905 - 47 Avenue (Box 210)  
Stony Plain, T0E 2G0  
Sub-offices: Whitecourt, Spruce Grove, Fox  
Creek

**Strathmore Sub-office**  
See Drumheller Health Unit

**Sturgeon Health Unit** 459-6671  
23 Sir Winston Churchill Avenue (Box 174)  
St. Albert, T8N 1N3  
District Offices: Barrhead, Morinville,  
Redwater, Swan Hills, Westlock, Thorhild

**Sundre Sub-office**  
See Mount View Health Unit

**Swan Hills District Office**  
See Sturgeon Health Unit

**Sylvan Lake Sub-office**  
See Red Deer Health Unit

**Taber Sub-office**  
See Barons-Eureka-Warner Health Unit

**Thorhild District Office**  
See Sturgeon Health Unit

**Thorsby Sub-office**  
See Leduc-Strathcona Health Unit

**Three Hills Sub-office**  
See Drumheller Health Unit

**Trout Lake Clinic**  
See Athabasca Health Unit

**Two Hills Sub-office**  
See Vegreville Health Unit

**Valleyview District Office**  
See South Peace Health Unit

**Vauxhall Sub-office**  
See Barons-Eureka-Warner Health Unit

**Vegreville Health Unit** 632-3331  
Box 99  
Vegreville, T0B 4L0  
Sub-offices: Holden, Lamont, Two Hills

**Vermilion**  
See Minburn-Vermilion Health Unit

**Vulcan Sub-office**  
See Foothills Health Unit

**Wainwright Sub-office**  
See Minburn-Vermilion Health Unit

**Warner Sub-office**  
See Barons-Eureka-Warner Health Unit

**Westlock District Office**  
See Sturgeon Health Unit

**Wetoka Health Unit** 352-3337  
5610 - 40 Avenue  
Wetaskiwin, T9A 3E4  
Sub-offices: Ponoka, Rimbey, Winfield

**Whitecourt Sub-office**  
See Stony Plain-Lac Ste. Anne Health Unit

**Winfield Sub-office**  
See Wetoka Health Unit

**Worsley Sub-office**  
See Peace River Health Unit

## APPENDIX II – FAMILY AND COMMUNITY SUPPORT SERVICES OFFICES

Social Planning Unit Box 3400 AIRDRIE T4B 2B6	948-5907 (local 250)	Box 1297 CLARESHOLM T0L 0T0	625-4417
Alexander Indian Band Box 510 MORINVILLE T0G 1P0	939-5887	Barons-Eureka-Warner Box 328 COALDALE T0K 0L0	345-4451
Alexis Band Box 7 GLENEVIS T0E 0X0	967-2225	Box 87 (1020 - 89 Avenue) COLD LAKE T0A 0V0	639-3626
Box 306 ALIX T0C 0B0	747-2030	Diamond Valley Box 963 TURNER VALLEY T0L 2A0	933-7485
Box 90 ATHABASCA T0G 0B0	675-2623	Box 2549 DRUMHELLER T0J 0Y0	823-6300
Box 1835 BANFF T0L 0C0	762-4426	Box 578 ECKVILLE T0M 0X0	746-3171
Box 488 BARRHEAD T0G 0E0	674-3341	Edmonton Social Services 5th Floor, Centennial Library 7 Sir Winston Churchill Square EDMONTON T5J 2V4	428-5917
Box 120 BASSANO T0J 0B0	641-3520	Box 1388 EDSON T0E 0P0	723-4401
Box 326 BLAIRMORE T0K 0E0	562-8861	Box 340 ELK POINT T0A 1A0	724-3800
Box 100 BON ACCORD T0A 0K0	921-3550	Box 487 FALHER T0H 1M0	837-8311
Box 1665 (5000B - 49 Avenue) BONNYVILLE T0A 0L0	826-2120	Village of Foremost Box 159 FOREMOST T0K 0X0	867-3733
Bag 8 BROOKS T0J 0J0	362-3333	Box 150 FORT ASSINIBOINE T0G 1A0	584-3922
Social Services Dept. (8116) City of Calgary Box 2100, Station "M" CALGARY T2P 2M5	268-5111	Box 120 FORT CHIPEWYAN T0P 1B0	697-3674 or 3627
4703 - 53 Street CAMROSE T4V 1Y8	672-0141	Box 232 FORT MACLEOD T0L 0Z0	553-4491
Box 460 CANMORE T0L 0M0	678-5597 (or 9)	9909 Franklin Avenue FORT McMURRAY T9H 2J3	743-7910
Box 370 CARSTAIRS T0M 0N0	337-3341	10005 - 102 Street FORT SASKATCHEWAN T8L 2C5	998-5151

Frog Lake Band FROG LAKE T0A 1M0	943-2211	County of Flagstaff Box 450	385-3976
Town of Gibbons Box 68 GIBBONS T0A 1N0	923-3331	KILLAM T0B 2L0 Box 756	623-4463
Village of Glendon Box 177 GLENDON T0A 1P0	635-3807	LAC LA BICHE T0A 2C0 Box 1179	782-6637
Cold Lake First Nations Box 1769 GRAND CENTRE T0A 1T0	594-7183	LACOMBE T0C 1S0 City of Leduc	986-2261, Ext. 131
Box 300 GRANDE CACHE T0E 0Y0	827-2296	Box 187 LEDUC T9E 4C4	
9902 - 101 Street GRANDE PRAIRIE T8V 2P5	539-8080	County of Leduc 4301 - 50 Street	986-2251, Ext. 259
County of Grande Prairie #1 8611 - 108 Street GRANDE PRAIRIE T8V 4C5	532-9722	LEDUC T9E 2X3 Lesser Slave Lake	523-4401
Community Services Department Box 430 HANNA T0J 1P0	854-4700	Indian Regional Council Box 1740	
Box 208 HIGH LEVEL T0H 1Z0	926-2267	HIGH PRAIRIE T0G 1E0 Community Services Directorate	320-3020
Box 999 HIGH PRAIRIE T0G 1E0	523-4441	c/o City Hall 910 - 4 Avenue South	
Mail Bag #10 HIGH RIVER T0L 1B0	652-2307	LETHBRIDGE T1J 0P6 5116 - 50 Street	875-9127
Community Services Box 818 HINTON T0E 1B0	865-2217, ext. 34	6th Floor LLOYDMINSTER T9V 0M3	
Box 219 HYTHE T0H 2C0	356-3888	Municipal Administrator MA-ME-O BEACH T0C 1X0	586-2251
Box 220 INNISFAIL T0M 1A0	227-3376	Mannville-Minburn-Innisfree Box 534	763-3005
Box 100 IRRICANA T0M 1B0	935-4672	MANNVILLE T0B 2W0 Social Planning Department	529-8311
Box 1090 JASPER T0E 1E0	852-3381	Community Services Division 580 - 1 Street S.E.	
Kehewin Band Box 218 BONNYVILLE T0A 0L0	826-3333	MEDICINE HAT T1A 8E6 Box 270	387-4554
		MILLET T0C 1Z0 c/o Connie Brooks	788-2415
		Box 96 MIRROR T0B 3C0	
		Box 420 MORINVILLE T0G 1P0	939-4361
		Box 910 NANTON T0L 1R0	646-2436
		O'Chiese Indian Band Box 1570	989-3943
		ROCKY MOUNTAIN HOUSE T0M 1T0	



Box 220 (14 McRae Street) OKOTOKS T0L 1T0	938-4404, Ext. 15 or 16	Box 361 STANDARD T0J 3G0	644-3839
Box 189 OLDS T0M 1P0	556-6981	Box 2097 STETTLER T0C 2L0	742-2337
Community Services Box 1062 PEACE RIVER T0H 2X0	624-1000	Sunchild Indian Band Box 747 ROCKY MOUNTAIN HOUSE T0M 1T0	989-3740
Box 2841 PINCHER CREEK T0K 1W0(Tues. only 10 - 2)	627-2232	Box 705 SUNDRE T0M 1X0	638-3220
Box 241 PONOKA T0C 2H0	783-4462	Box 607 SWAN HILLS T0G 2C0	333-4303
Eastpark Senior Needs Worker Association Box 758 PROVOST T0B 3S0	753-2280	Box 70 SYLVAN LAKE T0M 1Z0 TABER (See Coaldale)	887-2141
Box 5008 RED DEER T4N 3T4	342-8100	Box 330 TURNER VALLEY T0L 2A0	933-7485
Box 404 RIMBEY T0C 2J0	843-2030	Box 687 TWO HILLS T0B 4K0	657-3540
Town of Rocky Mountain House Administrator Box 1509 ROCKY MOUNTAIN HOUSE T0M 1T0	845-2866	Box 809 VEGREVILLE T0B 4L0	632-3966
Saddle Lake Band Box 100 SADDLE LAKE T0A 3T0	726-3829	Box 688 VIKING T0B 4N0	336-4024
5 St. Anne Street ST. ALBERT T8N 3Z9	459-1512	Box 360 VULCAN T0L 030	485-2191
Box 1480 ST. PAUL T0A 3A0	645-5311	Box 1391 WAINWRIGHT T0B 4P0 WARNER (See Coaldale)	842-2777
Samson Band Community Service Box 159 HOBBEMA T0C 1N0	585-3793 Ext. 186	Box 1266 WESTLOCK T0G 2L0	349-5900
County of Strathcona 205 Athabasca Avenue SHERWOOD PARK T8A 4C8	464-4044	5101 - 50 Avenue WETASKIWIN T9A 0S4	352-6023
Lakelands Box 858 SLAVE LAKE T0G 2A0	849-5325	Wetaskiwin County 5109 - 51 Street WETASKIWIN T9A 2A5 WHEATLAND (See Standard)	352-3321
Social Services Unit City of Spruce Grove 410 King Street SPRUCE GROVE T7X 2Z1	962-2611	Box 509 WHITECOURT T0E 2L0	778-6300
		Box 300 WILDWOOD T0E 2M0	325-3782







SENIOR CITIZENS SECRETARIAT